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## The Social Issue

Digital royalty share their secrets:

**Crushing it on Instagram with** Gigi, Kendall, the Angels, Rita Ora

**Outsmarting the haters with** Monica Lewinsky

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## Body Pride!

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Meet the fashion king of Instagram and his model army.



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**ON OUR COVER** Tina Fey and Amy Poehler were photographed by Steven Pan. Stylist: Laura Ferrara; production: Kristen Terry at Brachfeld, L.A.; set design: Juliet Jernigan at CLM. **Fey:** hair: Richard Marin; makeup: Gita Bass; manicure: Whitney Gibson at Nailing Hollywood. Roland Mouret jumpsuit. Vita Fede ear jacket. Chloé bracelet. **Poehler:** hair: Alex Polillo for Kérastase; makeup: Brett Freedman; manicure: Debbie Leavitt at Nailing Hollywood. Mugler top, trousers. Maria Black earrings. For Fey's and Poehler's smoky looks, try Maybelline New York Eye Studio Color Tattoo Concentrated Crayon in Charcoal Chrome (\$10), Color Sensational Vivid Matte Liquid in Nude Thrill (\$8), Dream Velvet Gel-Whipped Foundation (\$11, all at drugstores). See **Glamour Shopper** for more information.





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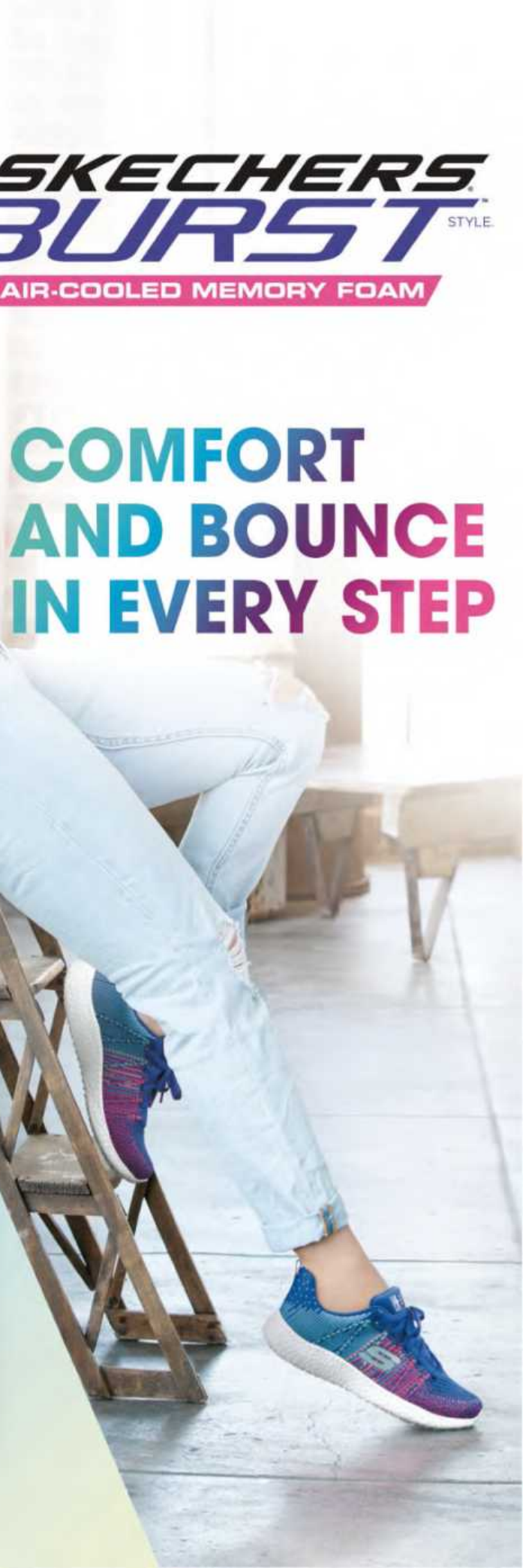


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# Before You Start the Social Media Issue...

...I have a few social media issues I'd like to air.



**Love Her!** Self-made YouTuber Lindsey Stirling, far left, in my office.

Some of the most shocking things have been happening to me lately.

First, a stranger came up to me on the street, stared, then turned to her friend and said loudly, "Ew, is that Kris Jenner?"

Then, after I'd done an on-air interview, someone shouted, "OMG, that woman's voice is so annoying!" Another bystander yelled out to me: "Hey, f--kface!"

A few weeks after that, a person I'd never seen before approached me, stared at my naked ankle, then proclaimed, "Your leg looks sooooo old."

An alternate science-fiction universe populated by some vile breed of super-mean humans with no mental filter? Nope, all these comments are real and verbatim—but I received them, as you may have guessed by now, not IRL but via social media. And while I'm pretty thick-skinned (and cool with my ankles, thanks), it's impossible to read comments like that and not wonder: How did it become acceptable to post things you would never say in real life? And how can we make it stop? As the exclusive *Glamour* survey on page 97 makes clear, I'm the norm, not the exception: 57 percent of all women polled have received negative comments through social media.

There are, of course, eight bajillion wonderful things about social media. Read this issue, and you'll learn how to get your next job on LinkedIn (page 59), make a Pinterest-worthy dinner (page 62), and find inspiration for tomorrow's #ootd (page 28). Even workout-phobes will love Kayla Itsines' Instagram-obsessed plan (page 50).

But perhaps the most wonderful thing about social media is how it helps women bond together to get stuff done. On page 94 you'll meet four crusaders taking down the Internet trolls, unwilling to accept the idea that bullying is a fact of life. ("We jokingly call ourselves online pest control," says one, TrollBusters founder Michelle Ferrier, Ph.D. Says another, Monica Lewinsky, "Acceptance of...this deplorable behavior is not an option. Full stop.")

So, can I offer a simple suggestion? Let's all act a little more real-life when we're online. And take this lesson from YouTube sensation Lindsey Stirling, above: "My mom used to say, 'For every time you think a negative thought, you have to think five positive thoughts to reverse it.'" We can do the online equivalent, drowning out the losers by showing each other the love.

I'll start. You, *Glamour* readers, are sophisticated, witty, wonderful. And your ankles look *awesome*.

Cindi Leive, editor-in-chief  
@cindi\_leive

## Giveback

For your act of generosity this month, consider helping an organization dedicated to making both the cyberworld *and* real world more peaceful. Author MacKenzie Bezos, wife of Amazon CEO Jeff Bezos, started Bystander Revolution to encourage inclusion and compassion online. (Supporters like author John Green and actress Salma Hayek Pinault have uploaded videos in support.) "There are simple acts that we can make every day to help take the power out of bullying," says Monica Lewinsky, the foundation's ambassador (at right), who helps dissect social bullying on page 94. Go to [bystanderrevolution.org](http://bystanderrevolution.org) to listen, share, and sign up for its #WeeklyStand initiative; you'll receive a simple, high-impact task, such as spreading words of encouragement, to do each week. Nice, right?





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And You Said...



"No mother in the world wants her daughter to have fewer rights than she did," said honoree Cecile Richards, president of Planned Parenthood, above at far right, with, from left, Eve Hewson, Elisabeth Moss, and Uzo Aduba.



"Last week I got my driver's license. Picture and gender marker F!" said honoree Caitlyn Jenner, above, with daughter Kylie. Her motto? "Dream big, work hard."

## Yes, Every Woman Can!

Your favorite girl-power moments from the twenty-fifth anniversary of our Women of the Year Awards, held in November at Carnegie Hall.

"Ambition is not a dirty word," said honoree Reese Witherspoon, above, with her award. "It's just believing in yourself."



Power duo: Serena Williams, above left, with tech entrepreneur and honoree Elizabeth Holmes



Ballerina and honoree Misty Copeland and *Glamour's* Cindi Leive, above, snapped a selfie at the Empire State Building—which later lit up *Glamour* pink in honor of Woman of the Year Day. Inspiring!



From left: Bethane Middleton-Brown, Nadine Collier, Alana Simmons, Felicia Sanders, and Polly Sheppard were honored with a standing ovation for their courage in the aftermath of the Charleston shootings. "Forgiveness is power," Collier said.

Honoree Victoria Beckham, left, hugs her son Brooklyn, who presented her award. "We're all so proud of you," he told her.

Presenter Lupita Nyong'o, above. Host and self-described "national treasure" Amy Schumer, near right, with Selena Gomez.



The U.S. women's soccer team with *Glamour* publisher and chief revenue officer Connie Anne Phillips, second from right, Leive, and L'Oréal Paris president Karen Fondu, both at center.

RICHARDS: WITH PRESENTERS, WITHERSPOON, NYONG'O, DIMITRIOS KAMBOURIS; JENNERS, NICHOLAS HUNT; WILLIAMS AND HOLMES, SCHUMER AND GOMEZ, JAMIE MCCARTHY; BECKHAMS, LEIVE AND COPELAND, CHARLESTON, SOCCER TEAM: LARRY BUSACCA; ALL GETTY IMAGES FOR GLAMOUR; EMPIRE STATE BUILDING: GEOFF BARRENGER



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# Dos & Don'ts

SECTION TAKEOVER BY

**Beige Cardigan**

@beigecardigan  
and @jessicaanteby  
on Instagram



## My Biggest Dos & Don'ts

It's @beigecardigan here, reporting for guest editor duty.

### #1 All Beige Everything? A Do

Hi! I'm Jessica Anteby, fashion stylist by day, meme curator over at @beigecardigan on Instagram always, and your guest editor for Dos & Don'ts this month. I'm thrilled to be here—I know that's dorky to admit since we're all supposed to be chill AF about everything, but I've been reading *Glamour* since way back in the day (a.k.a. the nineties, when I was born). Also, one of my greatest pleasures in life is telling people what *not* to wear, and *Glamour* wanted to hire me for just that. So what are some of my Don'ts? Crocs, for obvious reasons. Airing your dirty laundry on social media—no play-by-plays of your breakup, thanks. And bathroom selfies, especially when you can see the toilet in the background.

In case you're wondering, my handle, @beigecardigan, is a play on the whole Basic Bitch concept. About a year ago my husband, Elliot—he's @fuckjerry on Instagram—was complaining about how he's always working on his feed, and I

was like, "Elliot, chill, it's just Instagram." He bet me that I couldn't do it, and boom!—@beigecardigan was born. I got the handle from Urban Dictionary, which defines a beige cardigan as an attractive female who is boring and dresses in preppy, matronly clothes, which is the complete opposite of me. I thought it was funny, and I knew anyone cool enough to follow such an account couldn't be a beige cardigan either.

Still, I can't deny that my favorite color is beige. Nail polish? Beige. Makeup? Palettes upon palettes of beige. Wardrobe? More of the same. I'd argue that nothing looks chicer and more put together than head-to-toe neutrals, and there's no denying that a classic beige pump is a wardrobe staple. Basically, beige is boss, which is why it's my number-one Do of the month. Read on for more of my picks!





# #3

## Seven Annoying Things People Do on Instagram

A list for those obnoxious 'grammers we can't unfollow because they're friends of friends and that would be #awkward

1. Gym selfies. Especially when they're captioned, "Back on the grind."
2. Also, posting your postworkout açai bowl makes me want to kill you.
3. Overposting about your bae. You're not single—congrats! We get it. No need to post about him every #MCM.
4. Sleeping selfies. Even if you write "zzz," you are clearly awake and posting a photo.
5. Posting a #squad

photo in which you are smoking hot and everyone else looks busted with their eyes closed.

6. #Like4Like #Follow4Follow #apple #tree #coffee #happy #smiles #cute—no. What you're really saying is #GirlSeekingValidation.

7. Using #TBT to remind us of that one time you met Nicolas Cage at Panera and he told you that you're "really pretty— isn't he the nicest?!" Only *you* can prevent humblebragging.

**Girl, Bye!**  
Scrolling through my Instagram feed like...

The Glamour List

Still skeptical? These Adidas Originals are cute, affordable, and Saturday-night-presentable.

# #2

## Shoe Do: Above-Average Sneakers

Riddle me this: Why are some people willing to spend on designer pumps ("they're an investment," blah, blah), but when it comes to high-end sneakers...hardly anyone wants to loosen the purse strings? Doesn't it actually make sense to invest *more* in cool sneaks that you'll wear forever than in fancy heels you'll break out only for special occasions? I finally took the plunge with a pair of \$400 Common Projects low-tops, and listen, when I had to walk 15 blocks to a friend's party where my gym sneakers would *not* have cut it, I was pretty happy about that decision. I threw them on with some drop-crotch Topshop pants and a Chloé top, and I arrived feeling cool *and* comfortable. I'm not saying you have to go full designer—you can definitely look great in Adidas Originals, above, or Vans too. My point is, don't be afraid to go big.

At \$980, these Céline kicks are the splurgiest of splurges, but if you keep them in rotation for a few years, they just *might* be worth it.

ANTEBY: KATIE FRIEDMAN; SWEATER: BELT; GORUNWAY.COM; WHITE JACKET: IMAXTREE.COM; RUNWAY: GORUNWAY.COM; BELT: GORUNWAY.COM; ADIDAS: GORUNWAY.COM; CELINE: TOMMY TON TRUNK ARCHIVE; DELEVINGNE: KARWAI TANG/WIREIMAGE.



# #4 Day-to-Night Do: The Blazer

Presenting a brief history  
of fashion's MVP

When I lived in Brooklyn, I'd sometimes go into Manhattan for the day wearing a T-shirt and blazer—and then, always at the last minute, Elliot would tell me about some event we had to attend that night. I wasn't going all the way back home, so I'd literally take off my shirt and close my blazer. All of a sudden my look was dressed up and cool. Seriously, the only thing better than a closet full of beige is a closet full of great jackets. These are the ones I'd steal if I were friends with these fashionable ladies.

**Nothing beats a navy jacket.**

Add a button-down for work (and then take it off for drinks).

WOMAN (LEFT SIDE): FRENCH/STYLE/BLAUBLUT EDITION; HEPBURN: KEYSTONE/HULTON ARCHIVE/GETTY IMAGES; TWIGGY: HELMUT NEWTON/CONDENAST; PERRIN: JACQUES LAURENCE/CONTRELL ASSOCIATED/REX; SHUTTERSTOCK: GHER: GARY LEWIS/MP/IMAGES.COM; PRINCESS DIANA: TIM GRAHAM/GETTY IMAGES; PARKER: JAMES DE VANE/IZOWA; IMAGE: JENNIFER HENRI; SUZUKI: JIM SPELLMAN/IMMAGIC



## '50s

**Audrey Hepburn**  
SMH in amazement: Audrey Hepburn had so much gamine charm, she could wear a bow tie with a prep school blazer and still look adorable AF.



## '60s

**Twiggy**  
Twiggy killing it in her three-piece suit. A dramatic way to wear a blazer, yes, but it's definitely something I'll try at least once.



## '70s

**Bianca Jagger**  
#Allwhiteeverything. Strong shoulders. Practically perfect in every way, Bianca Jagger. Can't ask for anything more. Would wear this tomorrow.



## '80s

**Cher**  
Cher is the opposite of girly (and I mean that in the best way possible); her oversize blazer and ripped jeans are proof that blush pink has rock-star potential.



## '90s

**Princess Diana**  
Perks of being a princess: You can wear red plaid on red plaid, and no one is allowed to make Santa jokes.



## '00s

**Carrie Bradshaw**  
The future Mrs. Big's beige party-dress topper is definitely #ootd-worthy. Swap the tulle for jeans—there's your day look.



**Kris Jenner/Justin Bieber**

It's a Balmain blazer showdown! I've gotta give this one to Bieber, partly because anything that gets him out of leather joggers and deep Vs is a Do.



# The Biggest Dos of the Year, According to Facebook

ICYMI: What women in their 20s, 30s, and 40s "liked" most in 2015

## Most liked by women in their 20s

**Drake** released two mixtapes in 2015, but it was his "Hotline Bling" video that inspired memes the world over.



**Forbes** named **Beyoncé** one of the most powerful women of 2015; FB fans called her "flawless" and "amazing."



**Ronda Rousey** had a knockout year; in September she professed to be UFC's highest-paid fighter. Twenty-somethings celebrated her on Facebook.



When **Zayn Malik** broke up with One Direction in March, he surged in popularity.



## 20s & 30s

Twenty- and thirtysomethings agree: **Luke Bryan** killed it with two albums this year.



**Taylor Swift** and her squad. Facebookers said she "never disappoints!"



**Fifty Shades of Grey** was a cultural phenomenon. As cultured women, you obviously partook.



Everybody celebrated **Bethany Hamilton's** pregnancy on Facebook after the pro surfer posted photos of her bump.



Fans told **Miranda Lambert** to "stay strong" after her summer divorce announcement.

**Trainwreck** plus a planned collab with Jennifer Lawrence—you couldn't get enough of **Amy Schumer!**



Two hand injuries in four months can't stop **Jimmy Fallon**. The *Tonight Show* love is universal.

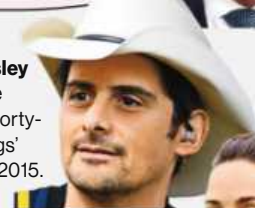


## All Ages

**Empire** premiered in January to instant success across the board. Long live Cookie!



**Brad Paisley** toured the U.S. (and fortysomethings' hearts) in 2015.



**Venus Williams** lost the U.S. Open quarterfinals to sis Serena in September, but she still felt Facebook appreciation.



You loved seeing the serious side of Jennifer Aniston in **Cake**; "powerful," said commenters.



After just one season, **Outlander** is described as "brilliant" on FB.

## Most liked by women in their 30s

**Justin Timberlake** obtained DILF status—and a Facebook boost—after becoming a proud papa in April.



Fans were psyched for R&B star **Keyshia Cole's** new reality show, *Keyshia Cole: All In*.



Footballer **Russell Wilson** didn't win the Super Bowl, but he did win over GF Ciara in July, after vowing to remain celibate until marriage.

When **Magic Mike XXL** hit theaters in July, women in their thirties and forties couldn't say no. Those abs!



## 30s & 40s

"So perfect!!!" raved fans of **Carrie Underwood's** new album, *Storyteller*, her sixth to debut at number one.



And on TV, women liked the **Steve Harvey** show, calling it "real" and "so funny."



## Most liked by women in their 40s



Check out all the data on what trended on Facebook at [glamour.com/entertainment](http://glamour.com/entertainment).





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SECTION TAKEOVER BY

**Zanita Whittington**

@zanitazanita on Instagram

# How to Look Great (in Life *and* on Instagram)

Australian fashion blogger Zanita Whittington shares her secrets.

Meet Zanita Whittington, *Glamour's* current fashion crush and one of our guest editors for the month. In 2006 the 29-year-old former model started her eponymous blog, *zanita.com*, which highlights everything from street-style snaps to travel diaries—all with a colorful, sunny aesthetic. “Everybody loves bold, bright fashion,” says Whittington. Here, she shows you what to wear and how to style looks that’ll get regrammed.



## How Not to Blend In

“I’m drawn to graphic stripes because I like clothes that make me smile,” says Whittington. “On Instagram bold lines stand out in the feed. And that’s the key when you have two seconds to grab someone’s attention.”

**J.W. Anderson** sweater, \$785, skirt, \$655, [j-w-anderson.com](http://j-w-anderson.com). **Ryan Storer** earrings, \$380, [ryanstorer.com](http://ryanstorer.com). **Derek Lam 10 Crosby** clutch, \$650, Derek Lam 10 Crosby, NYC.

WHITTINGTON: DAVID GUBERT; HAIR AND MAKEUP: MAX MAY AT DLM. STILLS: TIM HOUT; CHRIS GORMAN; STYLIST: RENATE LINDLAR





**Lila Rice** earrings  
(\$120, [lilarice.com](http://lilarice.com))

**WD**

#### How to Match Your Accessories

"Brighter is better with accessories on Instagram," she says. "My styling trick: If you're wearing a printed outfit, choose a bag or shoes that match one of the hues in the pattern." (Nautical stripes and classic navy go well with bright accessories too!)

**Cynthia Rowley** tunic, \$375, pants, \$265, [cynthiarowley.com](http://cynthiarowley.com). **Ryan Storer** earrings, \$395, [ryanstorer.com](http://ryanstorer.com).

**Mark Cross** bag, \$2,195, [net-a-porter.com](http://net-a-porter.com). **Derek Lam** mules, Derek Lam, NYC.

**Tracy Reese** culottes (\$348, [tracyreese.com](http://tracyreese.com))

**WDR**



**Marissa Webb** top (\$375, [shopbop.com](http://shopbop.com))

**WDR**



**See by Chloé** heels (\$385, [chloe.com](http://chloe.com) for more information)

**DR**

**Sophie Blake New York** cuff (\$295, [sophieblakenyc.com](http://sophieblakenyc.com))

**WD**



Follow **@glamourmag** on Instagram for behind-the-scenes photos from our shoot with Zanita.



**Tibi skirt** (\$395,  
tibi.com)  
**WDR**



**Sole Society ring**  
(\$25, solesociety.com)  
**WD**



### How to Pick Your Pattern

"Patterns on a larger scale, like on this gold dress, are better for Instagram, because you've only got a tiny square to make a big impression," says Whittington. Mixing them on Insta *or* IRL? "The palettes have to be complementary," she says.



### How to Edit Your Photos Like a Pro

"I use the color filters in the Instagram app," she says. "I always add a blue or magenta tone to the black in an image—which I've done in this photo. It makes it look softer and more romantic. I also use Face-tune to sharpen details in an outfit, like the depth and contrast of a drapery dress."



**Gap skirt** (\$50, gap.com)  
**DR**



**Movado watch**  
(\$995, 917-934-4962)  
**WDR**



**Tibi sweater**  
(\$365, tibi.com)  
**WDR**







### How to Take a Flattering Photo

"If you're shooting on your phone, bright sun is really harsh," she says. "The most flattering place to stand on a sunny day is in the shade, right on the edge of the shadow. If it's cloudy stand in the light; but the only time you should stand *directly* facing the light is sunrise or sunset."



**Sam Edelman**  
earrings (\$50,  
samedelman.com)

**DR**

**Apiece Apart**  
skirt (\$495, net-  
a-porter.com)

**WD**

**Michael Michael**  
Kors pants (\$135,  
select Michael  
Kors stores,  
866-709-5677)

**R**



**Furla** bag (\$298,  
furla.com)

**DR**



### How to Choose a Photo-Friendly Outfit

"Pick a flattering silhouette!" says Whittington. "Avoid anything too baggy. Instead, find something that's more fitted to your body. Some no-fail pieces are a snug sweater, wide-leg pants, and midi skirts."



**Bebe** sweater (\$89,  
bebe.com)

**WDR**



**Chelsea Paris**  
heels (\$575,  
chelseaparis.com)

**WD**



SECTION TAKEOVER BY

**Margaret Zhang**@margaret\_zhang  
on Instagram

# My Guide to the Fashion Universe

## 1 Best Street-Style Statement

I started my blog six years ago, when I was 16. Now it's a full digital brand. Street style is still a big part of it; it's such an opportunity to have a message. Take this jacket, by my friends who started Understated Leather, which does custom jackets for clients including Gigi Hadid. When they offered to make me one (left), I went with "Go Zhang Yourself." That's my way of saying, "Do your research."

Margaret Zhang is—deep breath—a blogger, a photographer, a law student, *and* an Instagram sensation. She gives you her spring '16 tour here!

2

## Hottest Makeup Launch

I grew up doing ballet, where everything is exaggerated to be seen onstage, so I have always admired how transformative makeup artist Pat McGrath's work is. Now she has her own line, which launched during Paris Fashion Week with an InstaMeet in the Tuileries. There, she and her assistants gave makeovers to models and fans using her first product, Gold 001 powder (now sold out). I can't wait to see what she drops next. Follow her @patmcgrathreal.

4

## Buzziest Aussie Export

Kym Ellery was a star in Sydney, and now she's blowing up globally! This was her first official show in Paris. She's definitely got the flare down. I love the blouses, and the dress here—you can hide so much in those sleeves!



3

## The Wait List I Most Want to Be On

Designer Alessandro Michele has completely changed fashion's view of Gucci. He's taken its monogram, which felt tacky for a while, and reinvented it to be cool. The accessories are so strong—it seemed like *every* editor was wearing those furry loafers at the spring shows. Alessandro has set the tone for a new eccentricity. Who wouldn't go for spring's pearl-studded loafer mules?





5

## Most Futuristic Vision

Nicolas Ghesquière has pushed Louis Vuitton in an edgier direction that's unapologetically his own. This season felt thrillingly futuristic but also romantic.

6

## Favorite Runway DJ

The right song can transform your view of a collection. My favorite runway producer is Kingdom, who did the music for Opening Ceremony. He played a new Kelela track, "Rewind," which was perfect for the end of that show. I couldn't get it out of my head!

7

## Ultimate Front Row

People seem allergic to the idea of someone pursuing multiple passions, and fashion folks might give Kanye West a hard time. But no one denies his Yeezy Adidas show was the hottest ticket in New York. I think people will realize they're well-made clothes.

8

## My Top Selfie Secret

Some people might be surprised to hear I shoot the images (like the one on the opposite page) on my website myself, using a tripod and a self-timer. I get uncomfortable relying on others for my content, and nobody knows my face and body better than I do. So I set the timer to 10 seconds, run into the frame, and do my thing. My camera takes nine pictures at a time. I limit myself to 15 minutes, and if I don't have the shot in that time, I move on and try again later.

It's a very different take on the selfie.

9

## Coollest Brand to Know Now

Kanye, Rihanna, and street stylers everywhere (like Yasmin Sewell, right) have flocked to the indie Paris label Vetements, and now its designer, Demna Gvasalia, will be taking the reins at Balenciaga. For me Demna represents this resurgence of street culture in fashion. I'm so excited to see his Balenciaga debut.

10

## Model of the Moment

My fellow Aussie Fernanda Ly (@warukatta) had a breakout year on the runways. Her cotton candy hair and quirky style have made her a muse for designers. She challenges the standards of beauty.

1-7: COURTESY OF MARGARET ZHANG; 3-5: ALESSANDRO GAROFALO/VOGUE RUNWAY.COM; 4: MONICA FEUD//VOGUE RUNWAY.COM; 8: PHIL OH/TRUNK ARCHIVE



# New Year, New Haul!

Margaret Zhang is known for her “flat lay” Instagrams. Now here’s the mother of all #zhangflats, created just for you: her fashion and beauty picks for the year to come.

**1. THE CHIC FLATS:** “I’ve given up on being in heels all the time. Luckily, flats are *everywhere* now. I like them pointy with a lace-up detail.”

**2. THE BOLD EARRINGS:** “Obsessed with the shoulder-dusting earrings on the runways!”

**3. MY MONOGRAMMED EXTRAS:** “I’m addicted to personalizing. It’s nice traveling with pieces that are mine and only mine.”

**4. MY GO-TO JEANS:** “Slouchy, faded, lived-in denim never feels too girly. Disclaimer: Boyfriends aren’t really into boyfriend jeans.”

**5. MY SKIN SAVER:** “This moisturizing mask is my in-flight secret.”

**6. THE STATEMENT BAG:** “This season is all about personality bags. If I’m in all black, a pretty one like this adds instant polish.”

**7. THE TUXEDO JACKET:** “Nothing dresses up a daytime look like a sharp blazer.”

**8. MY MOBILE OFFICE:** “I use my iPhone for social apps and photos, but I still rely on an old-school BlackBerry for email. It’s so much easier to type on!”

*For a list of Zhang’s items (and where to buy them), see page 99.*



Aquazzura flats, \$675

Chanel No. 5 eau première spray, \$100

Louis Vuitton passport cover, \$555

Kiehl's body lotion, \$30

Valentino Garavani bag, \$4,075

Chloé eau de parfum, \$105





Anya Hindmarch leather stickers, \$55–\$75 each

4

J Brand jeans, \$248

2

Oscar de la Renta earrings, \$390

8

Apple iPhone 6, from \$549

5

Clinique mask, \$23

7

Sandro blazer, \$570

Sunday Somewhere sunglasses, \$290



Zhang takes over our Instagram! Follow [@glamourmag](#) to see day-in-the-life looks.

See **Glamour Shopper** for more information.



# Has Social Media Changed the Way You Get Dressed?

Hell yes, say the fashion insiders we asked. So: Is that a good thing, or bad?

**All Hail the Bold Social Style Queen! Man Repeller Leandra Medine, in an eminently likable look.**



MEDINE: IMAXTREE.COM/RUNWAY MANHATTAN

## The Pros

“Before social media I would run to the store to buy milk and not think twice about what I was wearing. Now you never know when someone will want a selfie with you. It makes us step up our styling game.” —*Coco Rocha, model*

“Social media has broadened my aesthetic and allowed me to see things in a different light...or filter. It’s a visual education, and it’s nice to have your style affirmed by a ‘like’ button.” —*Alexa Chung, It Girl and Villoid cofounder*

“I share my #ootd and encourage my followers to do so too. We aren’t apologizing for our curves, we are embracing them!” —*Ashley Graham, model*

“I’ll be deciding between shoe colors and snap a picture and be like, ‘Hmmm, decisions, decisions.’ I did that with Chanel clogs, and the number of votes was amazing. Everyone has a fashion opinion these days.” —*Eva Chen, Instagram’s head of fashion partnerships*

“I saw a turban on Instagram and thought, I can rock the f--k out of a turban. So I bought a Balmain turban. The negative part? I bought a Balmain turban!” —*Josh “The Fat Jewish” Ostrovsky, social media sensation*

## The Cons

“Social media has amplified our worst insecurities and somehow forced us to try to make an effort to look good at all times. Before Instagram I only wore makeup during big events. Now I can’t go out of the house without foundation and powder. And I’m a guy!” —*Bryan Grey Yambao, blogger Bryanboy*

“There are particular items that are fairly loud (striped dress, sequined sweater, orange pants, you know) that I have worn only a handful of times but have documented on social media—thus making them feel exhaustively used.” —*Leandra Medine, founder of Man Repeller*

“You open yourself up to criticism and the ever-present Internet trolls when you post anything online. Are you going to change how you dress in an effort to please everyone? In my experience that’s an impossible errand.” —*Rocha*

“Social media can also motivate people to post or wear something to get ‘likes,’ and at the end of the day, you should really just wear what you love and not worry about who’s watching!” —*Karlie Kloss, model*

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# Style Is in the Details

The woman Insta-famous for her downtown chic explains her accessory strategy. Smart!

STORY TAKEOVER BY

**Danielle Bernstein**

The blogger behind [weworewhat.com](http://weworewhat.com)



Bernstein in her NYC apartment, which inspired her to also launch Home Wore What. Like that bar cart? "It makes me feel like a real homeowner," she says.

**Topshop** skirt, \$160, [topshop.com](http://topshop.com).  
**Kathy Kuo Home** bar cart, pillow, [kathykuohome.com](http://kathykuohome.com).

When Danielle Bernstein, 23, launched We Wore What four years ago, she was constantly snapping street-style pics of anyone who caught her eye in New York City. But six months in, she discovered it was her *own* personal style that resonated with readers most. "At first I used a lot more accessories and color," she says. "Then, as my blog grew, I realized that dressing more

outlandishly didn't really fit my style—my look evolved to be *less* dramatic." And her following multiplied: Today more than one million people check her Instagram on the regular to see how she transforms clean silhouettes and neutral colors with just a few

choice add-ons. "You can say a lot with a single ring or a necklace," she says. It just has to be the right ring or necklace—or shoe or other head-turning accessory. How do you find The One? Bernstein recommends starting with these four essentials:

## 1 A Skinny Neck Scarf



"It creates a total nineties vibe that adds edge to any outfit," Bernstein says.

**Echo Design**  
(\$68, [echodesign.com](http://echodesign.com))

## 2 Mixed Metal Jewelry



"In a surprising combo like marble and gold, even dainty pieces make a statement," she says.

**Capwell + Co.**  
(\$35 each, [capwell.co](http://capwell.co))

## 3 A Luxe Leather Belt



"Cinch an oversize coat for an updated shape," she says, or wear with jeans. A gold buckle adds glam.

**Ann Taylor**  
(\$50, [anntaylor.com](http://anntaylor.com))

## 4 Some Metallic Kicks



"Wear with a simple outfit, like a denim tux or all black," to take your look from ordinary to chic, she says.

**Michael Michael Kors** (\$125, select Michael Kors Lifestyle stores)

BERNSTEIN: JEFF THIBODEAU/@JEFFTHIBODEAU.CO, FRAMED 1970S NIGHTLIFE PHOTOGRAPHS: ALLAN TANNENBAUM, STILL: KATIE FRIEDMAN, CHRIS GORMAN



Danielle Bernstein takes over our Instagram! Follow us at [@glamourmag](https://www.instagram.com/glamourmag) so you don't miss a thing.

See **Glamour Shopper** for more information.

[glamour.com](http://glamour.com) 39



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SECTION TAKEOVER BY  
**Ingrid Nilsen**  
youtube.com/  
missglamorazzi



## The 16 Best Beauty Ideas for 2016

...all selected for you by YouTube superstar Ingrid Nilsen



**T**hink all YouTubers were born performers? Ingrid Nilsen, 26, actually posted her first video (at 3:00 A.M. six years ago) because she was *shy*. “Speaking with people was pretty crippling for me,” she says. “I thought it might help me gain confidence.” But that debut post about curling her hair (“it was mostly silent and pretty dark, but I was trying!”) got her hooked. Nilsen, above, now has nearly 4 million followers, and her videos explore everything from adult acne to outfit ideas to her personal life. (Her coming-out video has logged almost 13 million views: “The response was overwhelming,” she says. “Girls were saying that they saw themselves reflected in me.”) Here, Nilsen dishes on all the beauty things that should be on your radar for 2016 (on this page: silver eyes, glam ponies, bold lips, and sleek nail art). Turn the page to dive in!



## 1. I'm Obsessed With Sheet Masks

I've been on the sheet-mask train for a while. I used to order them online from Asian beauty brands, but now they're everywhere, which is awesome! (I like Farmacy Soothing Coconut Gel Masks, \$24, sephora.com.) Sheet masks are convenient and travel-friendly, and I like to take the extra serum in the packet and slather it on my neck, chest, and elbows. Want to cool off? Stick them in the refrigerator for a refreshing at-home facial.

## 2. No-Makeup Makeup Is My Go-To

That's basically me, every day. Trying different makeup colors is definitely cool, but a more low-maintenance look, like nude eyeshadow, is what makes me feel best.



FOR NEARLY NUDE LIDS  
**CoverGirl** TruNaked  
Shadow Palette (\$12, at  
drugstores)

FOR A STATEMENT LIP  
**Dolce & Gabbana** Dolce  
Matte Lipstick in Dolce Desire  
(\$37, saks.com)



## 3. Probiotics Really Work...on My Face

It's the wave of the future! Whenever I ingest probiotics, I notice a difference in how I feel, and my skin is a lot clearer, glowier, and happier. I've been researching the effects of using skin care with probiotics in it, and it's pretty fascinating stuff. It's officially the thing I'm most excited to try in 2016.

**GLAMOUR'S PROBIOTIC SKIN PICKS**  
Elizabeth Arden Superstart  
Skin Renewal Booster  
(\$65, elizabetharden.com) and  
Tula Probiotic Skincare  
Exfoliating Treatment Mask  
(\$49, qvc.com).

## 4. Dark, Moody Lipstick Is a Game-Changer

A dark lip is the quickest and easiest way to add a cool new dimension to your face. I first tried the look several years ago, and I'm slowly working my way into deep-wine land. There are so many shades within the dark range that you can choose anything to fit your mood: a deep raspberry for a pretty and cozy vibe, or super dark—even black is cool!—for something edgier. If you're hesitant, try mixing it with a little lip balm to tone it down.

## 5. I Live for Drugstore Beauty Buys

I've been praising Simple Micellar Cleansing Water (\$7, at drugstores) like crazy, so now everybody I know is using it. Also, CoverGirl Super Sizer Mascara (\$9, at drugstores) is amazing. The formula is wet, and the brush really lifts and curls. And Burt's Bees Fabulously Fresh Body Wash in Peppermint & Rosemary (\$8, burtsbees.com) cools your skin *and* makes you feel relaxed.

## 6. But I Always Splurge on One Product...

...and it's May Lindstrom Skin The Blue Cocoon balm (\$160, shen-beauty.com). It's *everything*! I use it when I'm inflamed or dry or stressed out, and it always makes my skin extra glowy. It works really well as a lip balm, and I've also been mixing just a tiny bit with my makeup. No joke, if I could put it all over my body, I would!

STATEMENT LIP: JASON LLOYD-EVANS; SHADOW PALETTE: JOSEPHINE SCHIELE; SMEAR: WORLD PICTURE SERVICE



## 7. I'm Into a Little Shimmer...on My Lips

Truth is, I just naturally love things that are shiny and glittery. Matte color is modern but can feel one-dimensional. Even the tiniest bit of glitter in your lip color (try Surratt Beauty Prismatiques Lips in Paillettes, \$36, sephora.com) adds an extra glow to your face. Who doesn't want that?

## 8. My Friends Are My Beauty Icons

I've learned a lot—a *lot!*—from my YouTube friends like Estée Lalonde (youtube.com/essiebutton); she's brilliant, and we have the same go-to makeup look (bold lip plus natural face). When she recommends something, I'm always like, Yeah, I'm going to get that.



## 9. I'm Switching Up My Eyeliner

My new staple? Silver metallic eyeliner (like L'Oréal Paris Infallible Silkissime Eyeliner in Silver, \$9, at drugstores). I saw a model wearing metallic liner at Kate Spade's spring 2016 runway show and totally fell in love with the look. Silver, especially, really brightens your eyes. Try a thick line for a bold statement, or keep it thin with a flick for a subtler look.

## 10. Styling Tools Are a Thing of My Past

Get in touch with your natural side. My texture is at the root, so now that I have shorter hair (see it on the next page), it comes out a lot more. I'll wash my hair at night, then add a pump of Tresemmé Perfectly Undone Sea Foam (\$5, at drugstores), let it air-dry a bit, and go to bed with slightly damp hair. I always wake up with great texture and no fluffiness.

## 11. Cleansing Oil Is My Holy Grail

It's all oil all the time for me (my obsession: Elizabeth Dehn for One Love Organics Vitamin B Enzyme Cleansing Oil, \$42, integritybotanicals.com). Cleansing is the most important skin care step—otherwise, you won't get the full effect of whatever products you put on afterward. It rinses off clean and thoroughly removes my makeup better than anything else.

## 12. Slick Hair Is Easy—and Chic!

It's a.k.a. my go-to glam hair fix. Use some gel or pomade, and brush back. You can even blow-dry your hair if it's resisting a little. It looks like you put in effort, and works with any hair length.

## 13. Ponytails Are Meant to Be Glam

Covering up your elastic band is a fun way to dress up any kind of pony. My favorites: the metallic cuffs with built-in hair elastics that you can find at the drugstore. Pull your hair into a pony, then wrap the cuff around the elastic—voilà! Modern, chic, and easy.

## 14. Two Scents Are Better Than One

I started layering scented body lotions with perfumes, and then I graduated to stacking my fragrances. Jo Malone's barely there scents are ideal for this.



FOR A LIGHT SCENT LAYER  
**Jo Malone**  
London Mimosa & Cardamom Cologne (\$125, jomalone.com)

## 15. I Like a Sophisticated Mani

When it comes to nails, minimalism rules for me. I used to wear all brights, but now I'm really into neutrals—they're like a palate cleanser, and I love how effortless they are. If I do any nail art, I like it to be very simple and geometric or graphic.

**TO DO THE LOOK:** Once your base color has dried, use a thin nail-art brush to apply an accent color. Limit the design to only a few fingers to keep your nails from looking too busy.



FOR A COOL ACCENT  
**Sally Hansen**  
Complete Salon Manicure in Jaded (\$8, at drugstores)

## 16. Cream Deodorant Works—I Swear!

When you hear *cream deodorant*, you think, There's no way that's going to get rid of my B.O., but it truly does (try Meow Meow Tweet Deodorant Cream in Grapefruit, \$14, meowmeowtweet.com). The cream glides onto your skin and dries into a thin, waxy texture. Bonus: If you forget to put on deodorant, it's much easier to pop this on under your shirt instead of having to jam a stick in there—which inevitably gets everywhere. **G**



# The Month in Hairstyles

“What do I love about my short hair?” asks our guest editor Ingrid (that’s her, below left). “It takes only five minutes to style.” So her 31 favorite ideas are for *shorter* hair. Take it away!

INGRID'S  
FAVORITE  
CUTS  
FOR SHORTER  
HAIR

## Bob



1

I've been gradually cutting my hair for the past year and a half. I want to experience all hair lengths.



2

Edie Campbell's blunt ends are perfect for her edgy style.

3



Who doesn't love a lob? Part in the middle for a sleek shape.

4



I'm a big fan of curls. Embrace the stuff you were born with!

## Close Crop

5



Super-short hair grows fast. Don't be afraid to be daring, like Ruby Rose!



6

A crop with natural texture is timeless in my book.



8

Shave the sides for a mega-cool trim.



9

This cut took Miley's look to a new level!



7

Go bold with a buzz cut: fierce and gorgeous!

10

Let tight curls frame your face.



## Pixie



11

Update a classic pixie with sideswept fringe.



12

Lily Collins can pull off anything, especially this textured style.



13

Enhance full-bodied curls with a tapered cut.



14

The wet look: a simple way to keep your hair off your face!

1: ALEX SANDERSON/ALAMY; 2: 6.7.8.23.24.28. MELODIE JUNG; 3: WWD/REX USA; 4: 13.15.16.17.21.26.29. GORUNWAY.COM; 5: ANGELA WEISS/GETTY IMAGES; 9: PHOTO IMAGE PRESS/SPLASH NEWS/CORBIS; 10: 22. TYLER JOE; 11: KIRSTIN SINGULAR/GETTY IMAGES; 12: TONY D'AMICO/STARTRAKS PHOTO.COM; 14: MATTEO CATENNA GORUNWAY.COM.



## Loose & Down

15



Messy, lived-in hair is my favorite! Tease at the roots to boost volume.



16

Sweep hair around so it all falls over one shoulder.



17

Tease out your ends, and blast with hairspray. So gorgeous!

INGRID'S FAVORITE STYLES FOR SHORTER HAIR

18

Try a modern comb-over on second-day hair.



19

Show off dip-dyed ends with a strong middle part.

20



Taylor is proof that bangs and short hair can be cool.

21



Textured waves give an "I woke up like this!" vibe.

## Accessorized

27



Tie on a patterned scarf for a retro-chic look.

28



I love an unexpected accessory—like netting!

29



You'll never have a bad hair day with a hat on.

30



Berets and short hair—a perfect pair!

31



Make a Lupita-worthy statement with a bright headband.

## Pulled Back

22



Little buns are always chic. Twirl ends once, and tie!

23

Braid your pony for double the detail.



24

Pigtails aren't just for kids! Wear them low with a bit of texture.



25

Slick hair down from a dramatic side part.



26

Not enough hair for a pony? Try a half-up bun instead.





SECTION TAKEOVER BY

**Kayla  
Itsines**

@kayla\_itsines on  
Instagram

# Instagram's Most Popular Trainer Makes *You* Over

Kayla Itsines (that's *it-seen-ness*) fills stadiums with her followers—now she's made this exclusive New Year's workout for you. Take it away, Kayla!

**C**hanging your body takes dedication and consistency. No matter what you see in ads or online, you can't lose 20 pounds in a week or get flat abs with two minutes of sit-ups.

That stuff makes me crazy—and you guys know it's a lie. The truth is, there is no easy option, but getting in shape does *not* have to take hours on a treadmill or epic toning sessions. One hundred percent not! That's how my Bikini Body Guides got started. I was working as a trainer, and women kept asking me how to



"Inspiring women toward a healthier lifestyle—nothing makes me happier," says Itsines, here doing her plyo moves.

ITSINES: TIMOTHY BURGESS/COURTESY OF KAYLA ITSINES.  
WORKOUT MOVES: COURTESY OF KAYLA ITSINES



tone up for bikini season. So I created my 28-minute workouts, put them online (kaylaitsines.com), and started tracking some of my clients' progress on Instagram. I wanted to be more real about what it takes to tone up and empower women by showing them that if they put in a little time—on a regular basis—they can feel stronger, healthier, and more confident (and look amazing in a bathing suit). I really listened to what my clients said they needed, then created routines that they can do no matter how time-poor they are and that don't require tons of equipment. Women told me over and over that they didn't like all those balls and bands and Bosus! So I keep it simple.

The reason my routines get such great results: They combine strength moves with “plyo” exercises—explosive moves like jumps that get your heart rate up. You get cardio and toning in one workout that burns calories like crazy. It's challenging, but it works. And I break the routine into seven-minute circuits, so it feels like it flies by.

The guides blew up straightaway, which totally caught me off guard. Girls on the street started thanking me and asking for a picture. I'm not from Hollywood; I'm from a city in Australia, and I'd shake like a leaf because I couldn't believe they knew me. But that community has been the most inspiring thing. I actually cry almost every day about this group of women who have come together, who support one another. I'm proud to share their before-and-after pics—real women with real bodies who earned their results *deserve* a shout-out.

Now I want to help you feel and look more beautiful, so I created this new workout just for *Glamour* readers. Here's the plan: Do the following workout three days a week and cardio two days a week. Take one day to stretch for 30 minutes or so, and take one day to rest. I like to do my strength workouts Monday, Wednesday, and Friday, get my cardio in on Tuesday and Thursday, do some stretching on Saturday, and relax on Sunday. One last thing before you get started: Grab your phone and snap a “before” photo—because the “after” is going to blow your mind! And be sure to send it to me, @kayla\_itsines. —as told to Shaun Dreisbach

## The Workout

**Step 1:** Set a timer (use the one on your phone) for seven minutes, and complete the exercises in Circuit 1 (doing the prescribed number of reps for each move); repeat the circuit as many times as you can until the timer goes off.

**Step 2:** Have a 30- to 60-second rest, then complete Circuit 2 in the same format.

**Step 3:** Rest for 30 to 60 seconds, then repeat Circuits 1 and 2 to get a full 28-minute workout.

### CIRCUIT 1 ARMS & ABS



**Lie-down push-ups** Lie flat on your stomach with arms extended in front of you and legs straight behind you, feet slightly apart, toes tucked (1). Bend elbows and place hands on the floor by either side of your chest, then push through your chest and straighten arms into a raised push-up position. (Keep abs pulled in tight to stabilize your core throughout the entire movement.) Slowly lower your body back down to the floor (2), then extend arms out in front of you. **Do 15 times.**



**Snap jumps** Place hands on the floor slightly more than shoulder-width apart so you're in a raised push-up position, feet together (1). Transfer your body weight onto your hands and jump feet inward to land in a crouched position with your feet shoulder-width apart (2). Jump feet back and land in the starting raised push-up position. (Keep your abs pulled in tight to stabilize your core.) **Do 20 times.**



**Raised-leg sit-ups with a twist** Lie on the floor with your lower legs resting on a chair or couch; bend elbows and place fingertips by ears (1). Slowly curl up off the floor and twist right, extending right arm toward left ankle as you sit up (2). Slowly roll back down to starting position, then repeat, twisting to the opposite side. **Alternate sides 20 times (10 times each side).** continued on next page ▶

## Don't Forget Your Cardio!

One of my favorite forms of cardio is low-intensity steady state, also known as LISS. Unlike interval training, these moderate-paced workouts focus on fat burning and give you a break from your tough resistance sessions. Twice a week I go for a 40-minute fast walk with my huskies, Ace and TJ—but you can also do cycling or the elliptical. And you've got to have some amazing music in your ears. Some of the songs on my playlist:

“ARE YOU WITH ME” (Radio Edit) by Lost Frequencies

“HEADLIGHTS” (feat. Ilsey) by Robin Schulz

“LEAN ON” (feat. MØ & DJ Snake) by Major Lazer

“PRAYER IN C” (Robin Schulz Radio Edit) by Robin Schulz, Lilly Wood & The Prick

“AIN'T NOBODY (LOVES ME BETTER)” (feat. Jasmine Thompson) by Felix Jaehn

“SUGAR” (feat. Francesco Yates) by Robin Schulz

“HOW DEEP IS YOUR LOVE” by Calvin Harris & Disciples





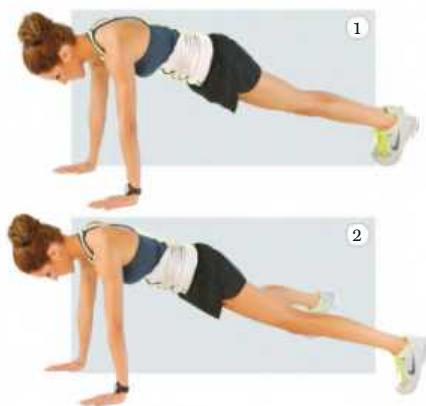
**Mountain climbers with push-up** Start in a raised regular push-up position (1). Bend left knee in toward your chest, keeping right leg extended (2), then return to the starting position and switch sides, bringing right knee in. Increase your speed as if you're running. After four reps, bend your elbows and lower your torso to the floor until your arms form a 90-degree angle. (Keep your abs pulled in tight.) Push back up to the starting position. (That's one rep.) **Do sequence 10 times.**

## CIRCUIT 2: LEGS

**Split-squat jumps** Stand on a sturdy low bench or thick book with your feet together and hands clasped in front of your chest. Bend your knees slightly and immediately propel your body up into the air; land with feet on either side of the bench in a wide (sumo) squat position, feet turned out (1). Propel your



body up again and reposition your feet to land in the starting position (2). When you jump, make sure that you land on the balls of your feet first, and maintain "soft" knees to help prevent strain or injury. **Do 15 times.**



**Split jumps** Place your hands on the floor slightly more than shoulder-width apart, and position your legs so you're in a raised push-up position, feet together (1). Quickly jump both feet out to sides wider than your hips (2). Immediately jump feet back to the starting position. (Ensure upper body remains stable throughout.) **Do 40 times (20 out, 20 in).**



**Dumbbells squats and press** Stand with feet slightly more than shoulder-width apart, a weight (at least eight pounds) in each hand, arms extended by sides. Squat, bending at the hips (don't let knees go past toes), thighs parallel to floor (1). From here, push through your heels and stand up as you curl weights up toward shoulders, then press them straight up overhead, palms in (2). Lower weights to starting position. **Do 15 times.**



**Broad jumps** Stand with feet slightly more than shoulder-width apart. Look straight ahead and squat, bending at the hips (don't let knees go past toes), thighs parallel to floor (1). From here, take a giant jump forward (2), landing in a squat position. (Land on the balls of your feet first, and maintain "soft" knees to help prevent strain or injury.) **Do 15 times.** **G**

Itskins, leading a boot camp workout in New York last June



## 3 More Ways to Win at Weight Loss

A good workout is only part of the picture. A few more of my tricks:

**JOIN FORCES.** Meet up with someone and do your workouts together—it'll push you to work harder and help keep you consistent with your exercise. I hear it all the time from my followers. It's key!

**DON'T CUT THINGS OUT OF YOUR DIET.** I admit I am not a dietitian, but I know from experience that you can eat everything—including pasta and bread and cheese—in moderation. It's just that no one wants to think about moderation, so we resort to all these fads that don't work and make us feel deprived. If you want to cut something, avoid processed foods.

**USE SOCIAL MEDIA IN A POSITIVE WAY.** There's so much body bashing going on out there. I believe that if it's not something you'd say to your little sister or grandma, don't say it on social media. I'm happy the comments on the images women post on #bbgcommunity are all super encouraging and supportive—it can be such a motivating tool. Join a group that boosts you up.





**Great taste is in our nature.**





# All About Life Love Guys Sex YOU



sex + love

## The No-B.S. Guide to Pleasing Your ~~Man~~ Self

The women behind iTunes' most entertaining sex and relationship podcast are here to fix your love life. Step one: Forget all that crappy "how to keep a guy" stuff.

STORY TAKEOVER BY  
**Corinne  
Fisher &  
Krystyna  
Hutchinson**  
Hosts of the  
*Guys We F\*\*\*\*d*  
podcast

Have you ever had someone tell you he's not in love with you anymore—while sporting a giant erection? Or have you dated the guy upstairs and then smeared dog doo under his doormat when he broke it off? If you answered no to both of these questions, the good news is you're making solid choices. The bad news is you probably don't have enough life experience to write one of those nifty guides on how to suck less at dating. But we do! Hi! We're Corinne Fisher and

Krystyna Hutchinson, the comedy duo known as *Sorry About Last Night* and the cohosts of *Guys We F\*\*\*\*d: The Anti Slut-Shaming Podcast*, a show in which we interview people from our relationship pasts to learn more about ourselves. The number-one lesson so far? You can't enjoy a relationship—with your man, woman, or gender-nonconforming pansexual life mate—if you don't already enjoy yourself. So we each came up with some quick and dirty tips to put-



ting yourself first in your love life (and in your regular life too).

**A relationship is like a restaurant dish: If you don't like it, you can send it back.**

**KRYSTYNA:** I hate sushi, so I don't order it, even when my girlfriends are all, "What? You're weird!" If someone tries a move during sex and you don't like it, be all, "Hi, not feeling that. Let's try something else!" In fact, I wish someone had written a story in *Glamour* with this exact advice when I was 15—it would have saved me a lot of vaginal pain from a high school boyfriend, Jackhammer-Finger McGhee. I'm great at telling people what I like about them, not what I don't, so I empathize with anyone who gets anxious about delivering criticism. But once you get over yourself and are honest with your sexual partner, it's a win-win.

**F--k like nobody's watching.**

**CORINNE:** The most fun you'll ever have in bed is when you're not worried about looking your best. Sex is...gross. The fluids, the noises, the pubes. Lose yourself in sex, and, while you're at it, lose your makeup bag. Unless you have sex on camera (professionally or otherwise), you just don't need it.

**Spread your legs and your mind.**

**KRYSTYNA:** Try everything once. You might like it! You might hate it! You might get sent to the emergency room because the gigantic dildo your boyfriend bought you for Christmas made your ovarian cyst burst. (True story.) Did I take that dildo out of the box and recoil at the idea of sticking it inside my body? Yes. But I'm OK, and I still don't regret trying it, because the more you experiment, the more you know what you're into and what you're *not*.

**And let's actually talk about sex (instead of just singing that song).**

**CORINNE:** It's amazing that so many people have literally been inside one another's bodies but have never really bothered to look inside one another's heads. Sex is about connecting with someone on a deeper level, but let's not forget the preliminary level: *talking*. After all, the best way to know that someone doesn't like butt stuff is for that person to say, "I don't like butt stuff!" (Although I wholeheartedly recommend butt stuff.)

**Your partner shouldn't be your favorite person.**

**CORINNE:** Because how can they be when *you* are? You should definitely wanna hug the crap outta your boo nine times outta 10, but *you're* the person you have to spend the most time with, so make sure you're being supah nice to you. You're pretty great! And if you don't agree that you rock the casbah... *change that sh-t!* You are your own product, so you are in charge of quality control.

**Related: Don't be glued to your partner's hip.**

**KRYSTYNA:** My current relationship is pretty fantastic, in part because we are both busy people and don't spend every waking minute together. If we did, we would want to punch each other in the face, because humans need space from one another. Live your life! Go to a museum by yourself. Enjoy a stroll through a park and sip an iced coffee with the person who gives the most sh-ts about you: you! Is this sounding too Oprah-y? Good, 'cause I love Oprah. I don't know if you follow her on Instagram, but Oprah is always in her garden planting enough veggies for an entire country. Take note of the smile on her face—it's because she's taking time to do things by herself!


**Don't treat your love life like a 401(k).**

**CORINNE:** Some people think that because they've committed x amount of years to a person, they've made some sort of investment that they can't get back—so they might as well ride it out. I can't think of a worse reason to stay with somebody. Your partner is not stock in Google. If it's been bad for a while, it's probably not going to randomly skyrocket. Move on.

**Forge your own path, dammit!**

**KRYSTYNA:** When I was 12, I knew I was going to have four children by the time I was 25 and live in a house with pink shutters and have a husband who was really tan and nice and had really white teeth. None of that happened (thankfully), and at 27 I find myself questioning what marriage even means in the first place. Just because something is traditional does not mean it's right for you. Also, you could spend that ring money on a trip to Hawaii instead.

**And remember: You can't hurry love, and you can't plan it either.**

**CORINNE:** We all know that person who has everything picked out—the dress, the venue, the DJ... everything but the partner. But you can't plan for a human you haven't met. I'm not saying to stop believing that there's someone out there for you, but what I am saying is: Who cares? Live your life the way you want to, and if another person is supposed to be a part of that plan, you'll find him/her/it/them. And if you don't, you've got the life *you* want, which is the only one you're in charge of anyway. Make it the best, and the rest will follow. 

GUILT-FREE ZONE:

**Hey, It's OK...**

*Special edition  
by Sorry About  
Last Night*

...to wear the same pair of jeans two days in a row. Or three. Or four. Or five.

...to say "No thanks, I'd rather not give you my number." You're at a bar, not filling out a tax form. Full disclosure is not required.

...to turn off all notifications so you can watch porn on your iPhone in peace.

...to order something else if you're still hungry. It helps your server rack up that tip!

...if you don't believe in monogamy, and the idea of one penis for the rest of your life makes your soul cry.

...if you *do* believe in monogamy. Again, this is about pleasing *you*.

**UMMM, NOT OK...**

...to post a comment you wouldn't say to the person's face. (See page 94 for why.)

**You Do You**  
And if your partner respects that, then he or she can do you too.



**Jake: A Man's Opinion**

# And Now, a Word From Your Male Followers

For better or worse, your social media profile is how guys see you. So here's what they think.

**T**he other night one of my friends mentioned an upcoming blind date with a girl we'll call Jenny. There were a few of us at dinner, and we were curious about this Jenny, so you know what happened next: We took to our phones. Within 30 seconds we'd learned that Jenny was an art history major who owned a dog (thanks, Facebook); that she'd spent last New Year's Eve in Miami with an ex she met at Coachella (hat tip to Instagram); and that the Coachella relationship ended roughly six weeks ago (confirmed by a pointed tweet about catching up on *Scandal* alone on a Friday night). Basically, my friend knew Jenny's entire life story before even meeting her.

This is all a long way of saying that, in 2015, guys spend a lot of time reading the tea leaves of your various social media

profiles, and yes, we use this information to make snap judgments about you—just as you do with us. Sometimes the digital stalking happens before we meet you, sometimes right after, sometimes when we're trying to figure out exactly what you're doing when you haven't texted us back, but regardless of when it happens, here's what we're looking at:

**Your dating history:** Whom you've dated, when you dated them, how long it lasted—if it's out there, we're getting to the bottom of it. (Men, at least the ones I know, are particularly interested in how we stack up against your exes; while doing our due diligence on Jenny, we took a five-minute detour to her ex-boyfriend's Instagram. His shirtless selfies were not good news for my friend.) Some other questions we're asking: Are you looking for a serious relationship? (If we can spot evidence of more

than one long-term relationship, we're assuming you're in the market for another.) Are you more game for a hookup? (Be warned: Changing your profile picture to something super attractive is universal code for "I just broke up with someone, and I would like to start receiving attention now.") All of this influences our approach.

**Your friends:** On a practical level, we sift through your social group to make sure there's no overlap between us and anyone you know (and, crucially, to make sure we haven't dated that overlap). On a personal level, we're judging your friends. Especially the one who tags everything #squadgoals.

**Potential warning signs:** Is your feed exclusively a repository of well-lit, very flattering selfies? We take that to mean "self-involved and will probably spend 45 minutes applying makeup for dinner." Is every detail of your day available in your Snapchat story? Same thing. We like confidence, but we also hope you've got a life *offscreen*.

But enough complaining! A good digital footprint is tricky for everyone. So all of us, men and women, could probably benefit from these rules:

- **Limit the number of ex pics.** I'm not saying you should wipe the former love of your life completely out of existence, but no one wants to see every shot from that ski trip you guys took.
- **Funny is your friend.** I asked five friends if they'd rather date a girl who had a "funny" social media presence or a "hot" one. Four said funny, and you wouldn't want to date the guy who said hot, so there you have it.
- **Variety is key.** You probably do a lot of things with your time and have myriad interests. Show us those things. It's sexy! Of course, you can also just skip the social media foreplay and make all of your accounts private. Sometimes waiting in limbo for a Request to Follow to be accepted is the biggest aphrodisiac of all. **G**

*Jake is a single guy living in L.A.*



"I dunno, man. I don't trust anyone who uses the Gingham filter."



"Growing up, I was involved in tap, ballet... so I know how to bust a move!" says Boyega (inset, with costar Daisy Ridley).



## Guy of the Month

# Star Wars' Next Gen

Meet John Boyega, soon to be the most famous stormtrooper on the planet.  
By Megan Angelo

Unless you're an alien-movie junkie and saw the U.K. flick *Attack the Block*, you might not know the 23-year-old British actor John Boyega, who plays Finn, the guy at the center of the most anticipated movie of the year, nay, decade, *Star Wars: The Force Awakens* (out December 18). Now—bam!—he's an instant leading man. (When Boyega joined Instagram this fall, he amassed more than 100,000 followers within weeks.) A self-proclaimed theater nerd who's the son of a minister and a health aide, Boyega swears the spotlight won't change him. We almost believe him.

**GLAMOUR:** We hear the selection process for this role was CIA-level secretive. How did you keep it all under wraps?

**JOHN BOYEGA:** I auditioned a good few times over the course of seven months. I wasn't allowed to tell anyone, but I told my two older sisters. It's not healthy to go through that by yourself! I didn't tell my

parents. Because, you know, the parents—they check in every day on whether you got the part.... And then [director] J.J. Abrams invited me to a café in Mayfair and told me, "You're the new star of *Star Wars*." It was an incredible day. Not a cloud in the sky.

**GLAMOUR:** What was the physical prep like?

**JB:** A consistent gym workout and combat with the lightsaber were a big part of training. You just want to swing that baby. I'd go, "J.J., let's get this shot a few more times."

**GLAMOUR:** Are you ready for all the attention this role will undoubtedly bring?

**JB:** I've been through major changes over the past months, and I can't say that it's rocked who I am as a person. [My parents always said,] "Be yourself; live your life." You know, Dad, Mum: You guys were right. You're not as dumb as I thought. [Laughs.]

**GLAMOUR:** What was it like being on a set with so much female-driven energy—with Daisy Ridley, Lupita Nyong'o, Gwendoline Christie from *Game of Thrones*?

**JB:** It was great working with Lupita and Daisy, and I love Gwen. She was a breath of fresh air; we were always laughing.

**GLAMOUR:** Is it even possible to date when you can't talk about your day at work?

**JB:** Absolutely, it is! You can tell the person you're dating, and if they love you, they'll keep the secret. It's a good test.

**GLAMOUR:** Plus, to be honest, an air of mystery never hurt any guy's attractiveness.

**JB:** Oh, yeah. I mean, it works for Batman. 🦇

Megan Angelo is Glamour's TV columnist.





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step into my office

# Meet the Highest-Earning Female YouTuber

Violinist Lindsey Stirling, 29, recounts her wild career rise for *Glamour's* Cindi Leive.

If there were a poster child for the power of social media to make career dreams come true, it would be Lindsey Stirling. Her one-of-a-kind dancing-while-playing-violin performances were too offbeat for the music industry to initially get, but rather than change who she was, she took to YouTube to do her thing. Today, 7.2 million subscribers, two albums, and a world tour later, the Brigham Young grad whose parents couldn't afford dance lessons is officially YouTube's highest-earning woman, with a memoir, *The Only Pirate at the Party*, out this month. So how did she do it? I caught up with Stirling in New York City, where she was shooting a new video, to find out.

**CINDI LEIVE:** In 2010 you got to the quarterfinals of *America's Got Talent*, but Piers Morgan said, and I quote, that your music sounded like "rats being strangled." What would you say to him now?

**LINDSEY STIRLING:** I feel like I owe a lot to Piers Morgan!

He gave me a reason to fight. After I had a good cry and pulled myself up by my bootstraps, that hurt and embarrassment turned into extreme motivation—"I'm gonna prove them wrong!"

**CL:** And you went from *America's Got Talent* to YouTube—how'd that happen?

**LS:** I was very unfamiliar with YouTube; I thought it was the place for dog and cat videos. Then [videographer] Devin Graham opened me up to this world, and I just knew it was what I was going to do. It was like, "I don't have to wait for

someone else to invest in me. I can invest in myself." And Devin taught me that people don't just get viral videos; there is a strategy. One of the tools was doing things that are searchable, like cover songs. Because "Lindsey Stirling violin" was not!

**CL:** It was a big moment for you when you went from YouTube to live performances. Tell me about your first show, at Webster Hall in New York City.

**LS:** That night still gives me chills. I thought, People will click on my links, but will they purchase a ticket and go some-

where to see me? I was terrified no one would come. And the crowd started chanting, "Lindsey! Lindsey!" That night changed my life.

**CL:** You're very comfortable owning the spotlight. Any tips that women should know?

**LS:** Absolutely: Visualization—it's been huge for me. Your mind doesn't know the difference between imagination and reality. You can't always practice perfectly—my fingers will play a little bit out of tune or my dance moves might not be as sharp—but in my *mind* I can practice perfectly. If you're

Stirling on the street in New York City. When an early song got a million views on YouTube, "I thought the counter was broken!" she recalls.

**Erdem** top, skirt.  
**Brixton** hat.



public speaking, imagine yourself feeling confident; if you're nervous about a date and thinking, I'm gonna be a dork, picture yourself being funny. Then it will be familiar to your brain.

**CL:** You open up in your book about your eating disorder.

What do you hope a girl struggling with those issues learns?

**LS:** I want people to have hope. I was 23 the first time I went to a support group. As I listened to the other girls talk, suddenly I didn't feel like a freak. You're told that it's an incurable disease, but I want people to see that I was deep in it—and that now I am out of it.

**CL:** How much do you think


## “Self-esteem takes work; it's not luck.”

about the fact that you're providing a different kind of image of what it means to be a woman in music?

**LS:** I don't like the fact that people are put into boxes based on what we look like and what we have to wear. Categories are meant for cookies, you know? Not for humans. And so the fact that I've been able to be successful and do it in a way that's very outside the box, I hope that that makes women feel like they can be beautiful in an authentic way. Self-esteem takes work; it's not luck.

**CL:** And now you're the highest-paid woman on YouTube.

**LS:** When I saw that, I was like, Really? It was almost a slight identity crisis. It's so weird to think of myself as this businesswoman. I watched my parents be very frugal; I always knew I'd marry a poor man and we'd scrimp and save together.

I still put myself on a budget, but I don't see myself as this rich woman. I like to imagine that I'm that girl I always thought I would be. 

## work

# Reboot Your Job Search

Want to make a career change? LinkedIn's Catherine Fisher lays down the law about what to post online—and what *not* to.



STORY TAKEOVER BY  
**Catherine Fisher**  
@LinkedIn on  
Instagram and  
Twitter

During my tenure as LinkedIn's senior director of corporate communications, I've seen how social media has leveled the playing field for everyone—you're not waiting to be asked for your résumé, you're building your professional brand *now*. But I see certain mistakes over and over. Some rules:

### First, choose your platform.

I always recommend cross-promoting your work across different social media channels, but what you post where matters. Your LinkedIn profile should represent how you want to be seen as a professional; Facebook and Instagram are more personal. But remember: Once you put something out there, it's out there. Before I tweet, I think: Would I want my boss to see this?

### Then, share your industry smarts.

If you're not showing off what you're doing, you're not as marketable as your peers who *are* out there offering their perspective. Post about something in your field that you truly have an opinion on. It can be as easy as liking someone's status, sharing a story, or more in-depth, like writing a blog. I saw one LinkedIn post by a shopping cart professional (yes, that's a whole industry!). It didn't get a million views, but it did resonate with that small network. Hiring managers are looking for people with that kind of impact.

### Avoid fluffy language.

I see these *all the time* on LinkedIn profiles—and they just sound meaningless.

- Instead of “I am creative,” say this: I won a prestigious marketing award for my work on the company's breast cancer campaign.
- Instead of “I'm a problem solver,” say: I solved my company's inventory issue by implementing a tracking system.
- Instead of “I'm responsible,” say: I was recognized for never missing a deadline. Be specific; this is your chance to stand out! —as told to Lauren Brown



### Take cues from Alex.

The first reason I like this SoulCycle employee's profile? She highlights her experience by listing more than one past position up top.

### That pic is important!

It makes your profile 14 times more likely to be viewed. One taken at work is best. And unless you're a vet, don't include your pet!

### Yes, you need a summary.

Write it in the first person to give a sense of your personality, and make it at least 40 words so it's not overlooked.



# 7 Election Questions Everyone's Asking

Democrat ★ **KRYSTAL MARIE BALL** ★ and Republican ★ **S.E. CUPP** ★ tweet daily about the issues women care about (and debate them biweekly on *Glamour*'s online election hub, The 51 Million). They get you up to speed on all the madness of this presidential race thus far.

STORY TAKEOVER BY

**Krystal Marie Ball & S.E. Cupp**

@krystalball (left) & @secupp

Pundits, close friends—and political polar opposites



1

**What have you seen behind the scenes covering this election that you wish every voter had seen?**

★ BALL ★

"I was covering a Hillary Clinton event on my daughter Ella's seventh birthday, so I brought her along. Ella, on her own, went up to HRC for a photo. Clinton stopped, pushed the big donors around her aside, and talked to Ella. No one was paying attention; it wasn't for show. She just wanted to make a little girl's day.

It's the sum of these small human moments that makes our democratic process beautiful in spite of the money, partisan rancor, and negative ads."

★ CUPP ★

"At a campaign stop for Carly Fiorina, I met a high schooler who told me she canvassed for Fiorina every day; a female political science major inspired by Fiorina's secretary-to-CEO story; and women business leaders under 30 quizzing the candidate. And I saw Fiorina taking their questions *seriously*. Millennials are the largest generation in history. I've seen how much young women's concerns matter to smart candidates. They know they won't win the White House without you, and you should know it too."

2

**What's been the best election meme?**

★ BALL ★

#TRUMPYOURCAT

"It's got it all: Donald Trump, his hair, cats. It's the Internet at its finest."

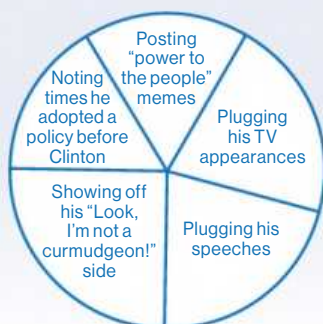


3

**Which candidate is best on social media?**

★ BALL ★

**BERNIE SANDERS! HIS FACEBOOK M.O.:**



Estimates based on an analysis of Bernie Sanders' Facebook posts from October 1 to October 31, 2015

★ CUPP ★

**DONALD TRUMP! HIS TWITTER M.O.:**



Estimates based on an analysis of Donald Trump's tweets from October 7 to October 31, 2015, excluding retweets, replies, and appearance plugs

4

**Is there one issue you think would turn the greatest number of women into single-issue voters next November?**

★ BALL ★

**WAGES!**

"Women are disproportionately stuck in low-wage jobs even as they are increasingly relied upon as their family's breadwinner. I think women will vote for the candidate whose policies allow them to take home enough money to survive."

★ CUPP ★

**TAXES!**

"No issue affects a woman's daily life more than taxes. The candidate who best addresses reform so no one is penalized for being unmarried or without a mortgage or owning a small business or having a relative die should get every woman's vote."

5

**Which candidate has the best chance of working across party lines if elected?**

★ BALL ★



**JOHN KASICH**

"He's done it before: In Congress the GOP-er worked with Bill Clinton. As Ohio governor he bucked Republican orthodoxy by adopting the Obamacare Medicaid expansion in his state."

★ CUPP ★



**JEB BUSH**

"The Republican former governor of Florida seems least obsessed with dividing the American electorate, which, in this climate, might be why he's lagging behind in the race."

6

**Who would take the most active role as First Lady or First Gentleman?**



★ BALL ★ & ★ CUPP ★

**Both said: BILL CLINTON**  
"Is that a serious question?"

7

**Which presidential hopeful do you think will win your party's nomination?**



★ BALL ★

**HILLARY CLINTON**

"Despite the grassroots energy behind Sanders, Clinton has a lock on the Democratic nomination. She's run an aggressive, strategic campaign and has a coalition of diverse supporters."

★ CUPP ★

**MARCO RUBIO**

"Assuming Trump and Ben Carson collapse, I'd say Rubio, making for a dynamic general election between the voice of a new generation—Rubio—and one of the tired past—Clinton, a dynasty politician."



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SECTION TAKEOVER BY

**Bonnie Tsang**pinterest.com/  
bonnietsang  
on Pinterest

# What to Cook All Year

Start with these three indispensable recipes from Pinterest queen Bonnie Tsang. Seven million followers can't be wrong!  
By Lauren Chan

## New Year, New Food

"Heavy dishes, like bacon and buttery pancakes, used to get a lot of repins," says Tsang. "But now healthier foods get more attention."



Food and lifestyle photographer Bonnie Tsang has been on Pinterest for five years—she was using an early, invitation-only version before most people had even *heard* of it. Though her influential account has led to creative projects with tastemakers such as Oprah Winfrey and companies like Estée Lauder, she didn't quite realize how far she'd come until 2015.

"I was standing in the China Room beside Michelle Obama thinking, My Pinterest boards got me to the *White House*," says Tsang, 42. "It turns out they loved my account and wanted to get some pointers. I had to pinch myself!"

This year she's focusing on evolving. "My food resolution is to cook more complicated recipes," she says. She plans to do it with the help of her 11-year-old daughter (and expert veggie chopper!), Venise. But don't worry, things won't get *too* complicated. "We always use ingredients you can find anywhere," Tsang says. "Anyone can make these meals, but they're impressive enough that people think you can really cook."

Get on board (see what we did there?) and try Tsang's simple, delicious recipes—and see her tips for how to photograph them, at far right.



1

## A Crisp Quinoa Salad

First there was arugula, then there were micro-greens—now it's *all* about the quinoa salad.

Juice of ½ lemon  
1 tsp. grated fresh ginger  
1 tbsp. extra-virgin olive oil  
1 pinch salt  
½ cup sliced cucumber  
½ cup sliced apple  
1 cup baby kale  
1 cup cooked quinoa  
(*Tip:* Make extra quinoa and store it in the fridge to add to meals over the next 3 days.)

1. In a medium bowl, whisk together the lemon juice, ginger, oil, and salt.  
2. Stir in cucumber, apple, kale, and quinoa. Transfer to a wide bowl and serve. Serves 2.



2

## The Perfect Beef Stew

Voilà: your new dinner party go-to. It's a guaranteed crowd-pleaser!

2 lb. cubed beef (or lamb)  
1 pinch salt  
1 pinch ground black pepper  
2 tbsp. extra-virgin olive oil  
2 minced garlic cloves, plus 6 smashed  
1 bay leaf  
1 large carrot, cut into 1-in. dice  
1 zucchini, cut into 1-in. dice  
1 onion, cut into 1-in. dice  
1½ cups beef broth  
1½ cups red wine

1. Preheat oven to 350°F. Season the beef cubes with salt and pepper.  
2. Heat olive oil in a Dutch oven (or a heavy oven-safe saucepan with a lid) on the burner over medium heat. Add minced garlic and cook until lightly brown. Add beef, stir to coat with oil, and cook until browned on all sides, about 3 minutes each side.  
3. Add smashed garlic, bay leaf, carrot, zucchini, and onion, and stir. Add a pinch of salt if desired.  
4. Add broth and wine (you can use 3 cups of water, but I like the flavors of this combination), and stir.  
5. Cover pan, transfer to oven, and cook until meat is meltingly tender, 2½ to 3 hours. Transfer beef, vegetables, and all liquid to a deep serving dish. Serves 4–6.



3

## The Ice Cream Sandwich 2.0

You won't want to miss out on this dessert, popular in Southeast Asia.

Ice cream (use any flavor you like!)  
Sliced sweet white bread, such as brioche, challah, or Wonder Bread

1. Take the ice cream out of the freezer and let it sit at room temperature to soften slightly.  
2. Meanwhile, toast a slice of the bread. Let cool to room temperature, and cut into 1½-in. squares.  
3. Use a tablespoon to scoop a small ball of ice cream and sandwich it between two toast squares. Repeat to make as many servings as desired.

## How to Shoot Your Meal

We've all *tried* to take pretty food pictures; here, Tsang's tips for success.

First things first! Take photos in natural light. (Hint: The best spot is right beside a window.)

Keep in mind that vertical shots with light backgrounds perform best on Pinterest.

It's all about the angles: Photograph stacked food from the side and plated food from above.

The best places to buy fun dinnerware to snap? Flea markets and vintage stores. For a complex-looking meal, use a solid-color dish. For a simple meal, try a design-heavy plate.

Don't clean up! The finished dish photographed next to some countertop mess makes a great visual story.



Are you following [pinterest.com/glamourmag](https://www.pinterest.com/glamourmag) yet? We're pinning gorgeous, funny, inspiring things every day.



# —the— CHIC PEEK

## YOU'VE NEVER EATEN A COOKIE LIKE THIS BEFORE

Love cookies? Love ice cream? Ben & Jerry's new Cookie Cores have a uniquely spoonable cookie center surrounded by chunk-filled ice cream. It's a whole new way to love cookies, so start spooning.

Check out the mouthwatering flavors at [benjerry.com](http://benjerry.com).



## #BEICONIC

The New Year's Eve collection awaits you in-store and on [bebe.com](http://bebe.com).

Celebrate shimmer, shine, amazing design and all the luxe little touches you love. Ring in 2016 with your most iconic look yet. Cheers to the chic.



## IT'S ONLY TEMPORARY

Warm up and sleeve up this winter with Tattly Temporary Tattoos. Check out the Floral Set, a bouquet of 4 flowery designs (2 of each) designed by Rifle Paper Co. Flaunt it at your next holiday party.

Can't get enough Tattly? Take 15% off with code GLAMOUR15 on select designs at [tattly.com](http://tattly.com).



## TIRED OF TYPICAL TAKEOUT?

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## WOMEN MAKING HISTORY BRUNCH

This September, the National Women's History Museum and its Los Angeles Regional Council hosted a star-studded brunch to commemorate the achievements of women and to generate awareness of the importance of preserving women's history.

Viola Davis, Diane Warren and Gale Anne Hurd were honored for their philanthropic and professional endeavors.



Honoree Viola Davis accepting her award and inspiring the crowd.

Attendees enjoyed an elegant brunch, snapped pics in the photo booth presented by exclusive nail partner [essie](http://essie.com) and walked away with [essie](http://essie.com)'s hot new fall collection.

For more information, go to [nwhm.org](http://nwhm.org).



Host Brianna Brown and Stylist Tara Aquilina hit the photo booth.



# Like. Love. January.

Everything that will fill your newsfeed this month is here: bright fashion, savvy social stars—and Tina and Amy!



A black and white portrait of Tina Turner. She has long, dark hair and is looking slightly to the right with a serious expression. She is wearing a dark, sleeveless top. Her arms are crossed in front of her.

**Tina!**

A black and white portrait of actress Amy Poehler. She is looking directly at the camera with a slight smile. Her hair is long and wavy. She is wearing a dark, sleeveless top and a thin necklace.

#### Like Sisters

"Tina and I, we don't have any sisters. So we've rented them," jokes Poehler. Watch their *Glamour* exclusive three-part holiday series at [video.glamour.com](http://video.glamour.com).

See credits on next page.

# Amy!

(Is There Anyone Else, Ever?)

Individually, Tina Fey and Amy Poehler are two of the greats. But together? Well, there's no one better. Let the ultimate power pair—costarring again in *Sisters*—explain their two-decade friendship.

Photographs by **Steven Pan** Stylist: **Laura Ferrara**





### Who You Calling Role Model?

"It's fun to be able to play a character that's in no way aspirational," says Fey. "The more female characters there are on-screen, there's less pressure on every character to represent everyone."

On Fey: **Roland Mouret** dress. **Jennifer Fisher** earring. **Sophie Hughes Jewelry** ring. On Poehler: **Nicole Miller Artelier** jumpsuit. **Rebecca Peacock** earring. **Catbird** necklace.

**F**orget Jay Z and Beyoncé, or Brad and Angelina—the real love story of our time is the friendship between Tina Fey, 45, and Amy Poehler, 44. It started unassumingly, like all real friendships do: Fey, a wisecracking theater kid, and Poehler, the onetime secretary of her high school class, met while taking improv classes in Chicago in 1993. In the two decades since, they've built fame, fortune, family, and some of the most culture-shifting comedy of their generation.

Let's count the ways. The twosome ushered in a new era at *Saturday Night Live*; as cast members in the 2000s, Fey and Poehler spoke directly to and for women, roasting mom jeans and proudly reclaiming the word *bitch* ("Bitches get stuff done," Fey joked). They made history as the first female pair to coanchor "Weekend Update" and influenced elections with impersonations of Hillary Clinton and Sarah Palin. Separately, they've created some of the most dynamic characters and shows on TV: Fey's Liz Lemon on *30 Rock* and Poehler's Leslie Knope on *Parks and Recreation*. And they've nurtured a slew of talented women too, including the screenwriter behind the *Pitch Perfect* movies and the creators of *Broad City*. But there'll always be something especially magical about them together: Their film collaborations *Mean Girls* and *Baby Mama* still hook us every time they come on cable. And as three-time hosts of the Golden Globes, they pulled in record ratings. "How much are we going to miss Amy and Tina?" Meryl Streep asked, at the 2015 Globes, the last of their back-to-back run.

Fear not, Meryl. The duo is together again, starring in *Sisters*, out December 18. It's a comedy about two siblings, Fey's hard-partying Kate and Poehler's responsible Maura, who, after finding out

aspirational and in no way a role model, and the more female characters there are on-screen, there's less pressure on every character to represent everyone. I love playing people who are flawed.

**AP:** [*Draws a question.*] @marlysnicolosi on Instagram asked, "What's the funniest thing that happened when you were working together on *Sisters*?" She asked on Instagram, Tina. You can ask a question now on a site where there's pictures.

**TF:** Instagram owns that question now—so. I'm sure it was something Paula [Pell, *Sisters* screenwriter and *SNL* writer] did.

**AP:** Paula probably put a rainbow wig down her pants and pretended she had dyed her pubic hair. [*Laughs.*]

**TF:** She definitely *did* do that.

**AP:** [*Draws question.*] Tina, there was a joke in that "Last F--kable Day" sketch you did on *Inside Amy Schumer* that [as an actress you know] you've passed your last f--kable day when all they have on set for you to wear is sweaters that cover you head-to-toe. But in *Sisters* you wear a sexy party [outfit]. Did you wanna push back against the stereotype that fortysomething women can't dress sexy?

**TF:** No, well, my character is someone who's gonna dress like that into her eighties.

**AP:** Of course women in their forties can dress sexy. And, you know, the term *sexy* is very subjective.

**TF:** Yeah, I do also think that by the time you are in your forties, what you want to wear and what you think is sexy is not always, like, for another person. It's what makes *you* feel good.... Sexy is all relative. As an *SNL* writer I have seen people who are famously sexy, women famous for being beautiful, come in as hosts. The male writers would be so excited; then a couple days in, they are over it.



**Just the Usual Sibling Stuff** Fey and Poehler in the bath in *Sisters*

"My mom always says it's very important to have people in your life who knew you when."

—Amy Poehler

that their parents have sold their childhood home, go back to throw one last rager. You just can't get in the way of their chemistry, so for this interview *Glamour* had them take turns pulling questions—including some from our fans on social media—out of a hat to ask each other. This is one Hollywood power couple you *can* believe in.

**AMY POEHLER:** OK, you ready, T?

**TINA FEY:** Yeah. [*Draws question.*] What would you tell the women of America if you got 30 seconds to sell them on why they should see *Sisters* over the holidays?

**AP:** Do you like Tina? Do you like me? Do you like when Tina and I do stuff together? Do you like us playing sisters? Go see *Sisters*.

**TF:** Uh-huh, that's good.

**AP:** Yeah? OK, the end. [*Draws question.*] Tina, in *Sisters* you got the opportunity to play that rare "woman-child" [Fey's character can't hold down a job, is drawn to bad boys, and hasn't quite grown out of her party-girl ways]. Do you wish that more women would be allowed to *not* have it all together on-screen?

**TF:** Woman-child, I think, is in reference to the fact that there are many male comedians who play man-children—*man-children* is a word. I do think it's fun to be able to play a character that's in no way

If you know you have 0.000 shot at the person, your body kind of shuts down—and it's more about who you actually relate to.

**AP:** Wouldn't it be amazing if you spent one day not mentioning how anybody looks, or how you look? I think I tried it as an exercise one time. I was saying, "Oh, she's that really funny person." Or, "He's that guy who has that great science mind," so you don't say, like, "He's the tall one"; "She's whatever." And then, if you look in the mirror, you don't say, "How do I look?" It's almost impossible.

**TF:** [*Picks a question.*] *Glamour* Facebook follower Barbara Kam asks: "Can you describe what working with your best friend is like?"

**AP:** Very easy, very, very easy. There's usually this moment at the beginning of a film when you have to go out for dinner and talk to the person and be like, "How do you like to work?"

**TF:** Yeah, and sometimes that goes on for weeks.

**AP:** We didn't have to do any of that when we first started *Sisters*.

**TF:** Yeah, usually, you have to have sex with them—

**AP:** You have sex with them to see if there's chemistry, then you stalk them for a while. Then you get them fired, the usual stuff. [*Laughs.*]

**TF:** [*Singing, as she rifles through hat.*] Dah dah dee, dah dah dum, trying to find a juicy one! [*Pulls out a question.*] What do you consider the biggest breakthrough moment in your career?



**AP:** Probably saying my name on *SNL*. I remember when we did “Update,” Lorne [Michaels, the creator of *SNL*] saying, “Once you say your name, it’s going to change.” That and winning the Eurovision Song Contest—

**TF:** You won that two years in a row. [*Pulls out a question.*] OK, *Glamour*’s Instagram follower @formerly\_flores asks, “What is the life accomplishment you are most proud of and why?”

**AP:** Why don’t I tell you what I think is one of your accomplishments and you tell mine? I feel weird talking about my own. I think one of *your* greatest accomplishments was transitioning from the captain you were at *SNL* to creating a show [*30 Rock*]. That is so hard—extricating yourself from a place you were so comfortable and successful, then doing something else so well. That, and the fact that you invented the word *flerm*.

**TF:** [*Laughs.*] It’s hard [to graduate from *SNL*]. You have so much autonomy at *SNL*. So for people who come out of there...it’s only natural that you would want to take the plunge [to create a show]... to try to keep making something that you have a *say* in.

**AP:** You can frame [a transition like that] two different ways. You can think, Oh my God, what’s next? with a fearful sense of what’s around the corner. Or, Oh my God, what’s next? Isn’t that exciting? I didn’t have any kind of map as to what my life was going to be. So the idea that here we are in our forties—I wouldn’t even be able to *predict* what’s ahead. So maybe [the key to new challenges is] a bit of improv training, denial, enthusiasm—and having a nice place to land, where you feel supported if it all goes to sh-t, which feels like it’s about a year away. [*Laughs.*]



#TBT Hosting  
“Weekend Update,”  
left, and the Globes

“If I could give myself advice, I would maybe say, ‘Start having babies earlier so that you could have *maybe* had one more.’” —Tina Fey

**TF:** I would say that one of your greatest accomplishments, Amy Poehler, is that you have so successfully used your art and comedy as a source of positivity in the world, by creating Smart Girls [an online community for girls, encouraging them to be their authentic selves], by making [Leslie in] *Parks and Rec* not only a positive feminist character but creating a good-hearted worldview within that program.

**AP:** Thank you. Please note that as we talk to each other, we’re holding hands and we’re touching feet. We’re very close.

**TF:** [*Draws question.*] If you were to do a commercial similar to “Mom Jeans” now, what would it be? Well, granny panties are back. Maybe one called, like, “Granny Panties for Him,” and it’s a man wearing really high granny panties? “Granny Panties Pour Homme!” [*Draws question.*] What was your favorite experience working with each other? Oh, I know mine—

**AP:** Please, you go.

**TF:** Mine is doing those first Sarah Palin, Hillary Clinton sketches together. ‘Cause it felt like a culmination of years of prep that we didn’t realize was years of prep.

**AP:** Oh, well said. Yeah, prepared readiness.

**TF:** [*Draws question.*] Looking back on the three back-to-back Golden Globes—what were your favorite moments?

**AP:** Tina, you had that great George Clooney *Gravity* joke. [*“Gravity is nominated for best film. It’s the story of how George Clooney would rather float away into space and die than spend*

*one more minute with a woman his own age.”*]

**TF:** That was written by a man named Alex Baze. Men write our jokes. Men can be whatever they want to be these days.

**AP:** Yeah, they really can. *Men* can be funny! But honestly, the best part was getting to hang out together, building the show together—

**TF:** —sitting on Bono’s lap.

**AP:** Making out with Bono, sitting on Clooney’s lap, doing both after the show was over, it was great, stuff like that. [*Draws question.*] This question is pretty serious: What’s the most important time you’ve been there for each other? Well, a lot of people don’t know I delivered both of your babies.

**TF:** You delivered both my babies. I wasn’t ready, and Amy was like, “They’re coming out today.” And I was like, “You’re not a doctor.” And she’s like, “We need to get this done.”

**AP:** ‘Cause I had a thing coming up on the weekend.

**TF:** So Amy delivered both my babies. She gave me a weird herbal tea and then the babies came out. So that one. [*Laughs.*]

**AP:** [*Drawing question.*] Tina, I didn’t know this: You’re celebrating your fifteenth wedding anniversary with your husband, Jeff, next June. Wait, this might be *from* Jeff; he wants to remind you. Looking back, what advice would you give yourself on your wedding day for making it through those 15 years?

**TF:** If I could give myself advice on my wedding day, it would be, “Hunker down, September 11 is coming.” Because I got married in June of 2001. [*Pauses.*] Any other advice? I don’t know, maybe for a *second* I would maybe say, like, “Start having babies earlier so that you could have *maybe* had one more,” because I do like how they

come out. But at the same time, that would have probably made it hard for me to do some things that I wanted to do in that time.

**AP:** I knew Jeff in Chicago. What’s rare is that [the two of you] have such a good sense of humor about each other, and have always been genuine fans of each other’s skills and work.

**TF:** That’s true, I am a big Jeff Richmond fan.

**AP:** Yes, and all you want for your friend is for them to be themselves around whoever they’re with. [*Draws question.*] When Merrill Markoe interviewed you both for *Glamour* in 2005, she asked, “Any sex tips?” And [you] said, “Make sure you don’t laugh,” and [I] said, “Try not to barf.” Would you stand by or amend those tips?

**TF:** I would say go ahead and laugh.

**AP:** I think I’d say go ahead and barf. [*Laughs.*]

**TF:** You know, anything that’s, like, a surprise! Shake it up. Barf a little bit. Laugh until you barf. [*Laughs.*]

**AP:** [*Draws question.*] OK, what’s your secret to maintaining your 20-some-year friendship?

**TF:** We don’t see each other very often.

**AP:** That’s right. [*Laughs.*] It’s like a good marriage. My mom always says it’s very important to have people in your life who knew you when. The older you get, the more you treasure that idea of someone knowing your family and where you came from, and being around during *these* times and *these* times. Tina and I, we don’t have any sisters. So we’ve rented them.

**TF:** [*Laughs.*] We found sisters.



### Amy's Worldview

"Wouldn't it be amazing if you spent one day not mentioning how anybody looks?" asks Poehler. "Or how you look?"

On Fey: **Stella McCartney** jumpsuit. **Chloé** ring, bracelet. On Poehler: **Jason Wu** jacket, pants.

**Me&Ro** pendant necklace. **Catbird** long necklace. For Fey's defined brows, try **Maybelline New York** Brow Drama Pomade Crayon (\$10, at drugstores).

**See Glamour Shopper for more information.** Fey: hair: Richard Marin; makeup: Gita Bass; manicure: Whitney Gibson at Nailing Hollywood. Poehler: hair: Alex Polillo for Kérastase; makeup: Brett Freedman; manicure: Debbie Leavitt at Nailing Hollywood. Production: Kristen Terry at Brachfeld, L.A.; set design: Juliet Jernigan at CLM.





## The Gown, as Seen by the Landscape Master

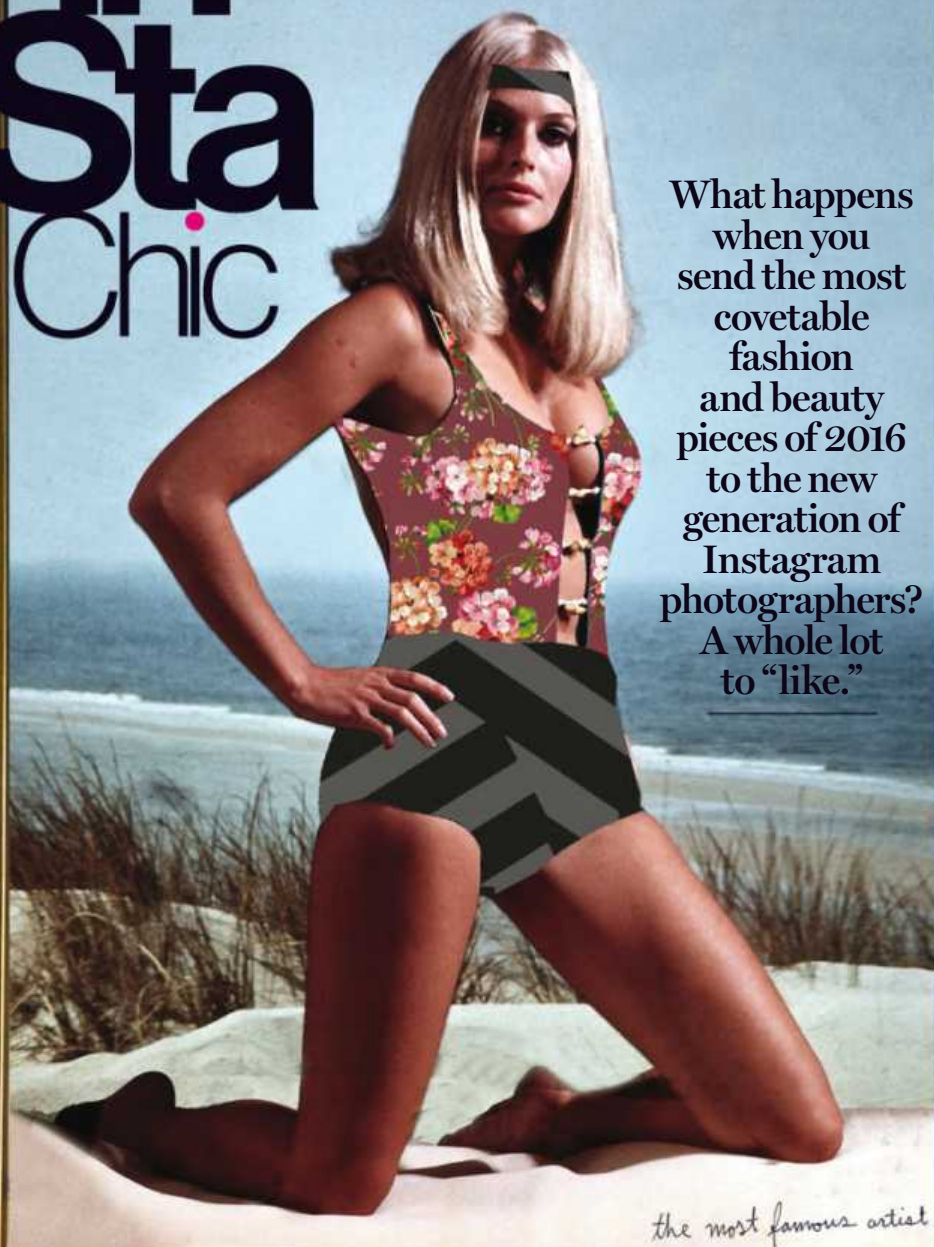
**@muenchmax**

**The Artist:** Max Muench, a Berlin-based photographer who roams the world posting breathtaking pictures of his travels, everywhere from Utah to Tanzania. **The Object:** An ethereal Alexander McQueen gown, worn by a friend, which Muench shot overlooking the Jurassic Coast, in southern England. Want to nail your own panorama? “The hours around sunrise and sunset are the most picturesque times, as it’s all about the light,” he says. “Also, choose a perspective that nobody else has seen—not even you. If it means you have to climb a mountain at night for three hours, do it.”

**Alexander McQueen** dress.

# in Sta Chic

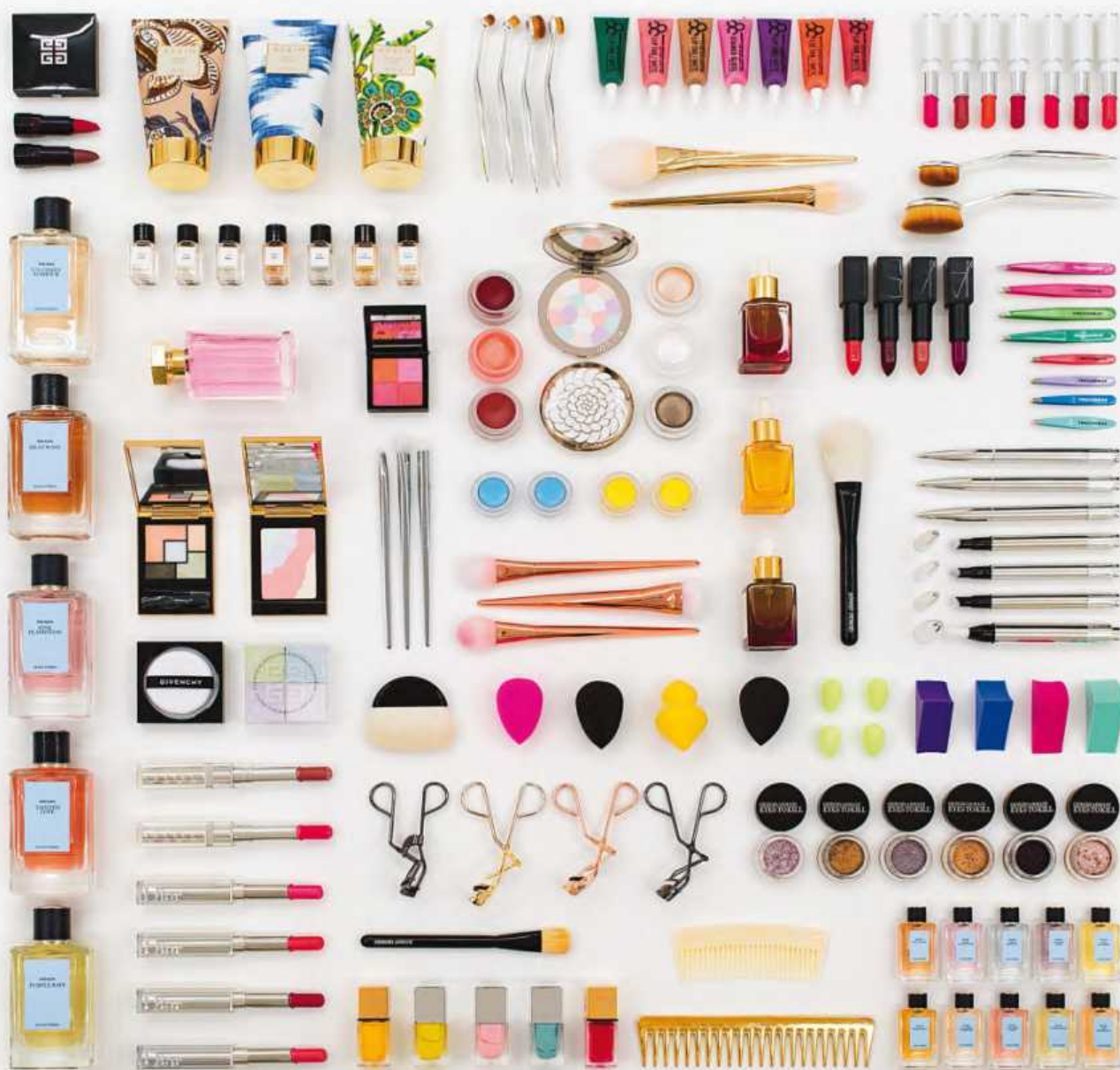
What happens when you send the most covetable fashion and beauty pieces of 2016 to the new generation of Instagram photographers? A whole lot to “like.”



## The Designer Print, as Seen by Artists @themostfamousartist

**The Artist:** The Most Famous Artist isn't one person but many—a creative collective repurposing found objects into totally new, totally shareable art. **The Object:** Gucci's signature blooms print, now being used on lustworthy accessories and other pieces. For *Glamour* TMFA founder Matt Monahan used the print to create a top for a 1971 swimsuit model. (He made her bottoms too—cute, no?) “I wanted to remix these prints and show how timeless they are,” he says. “Whether they’re on a runway or this vintage photograph, the patterns are always relevant.”

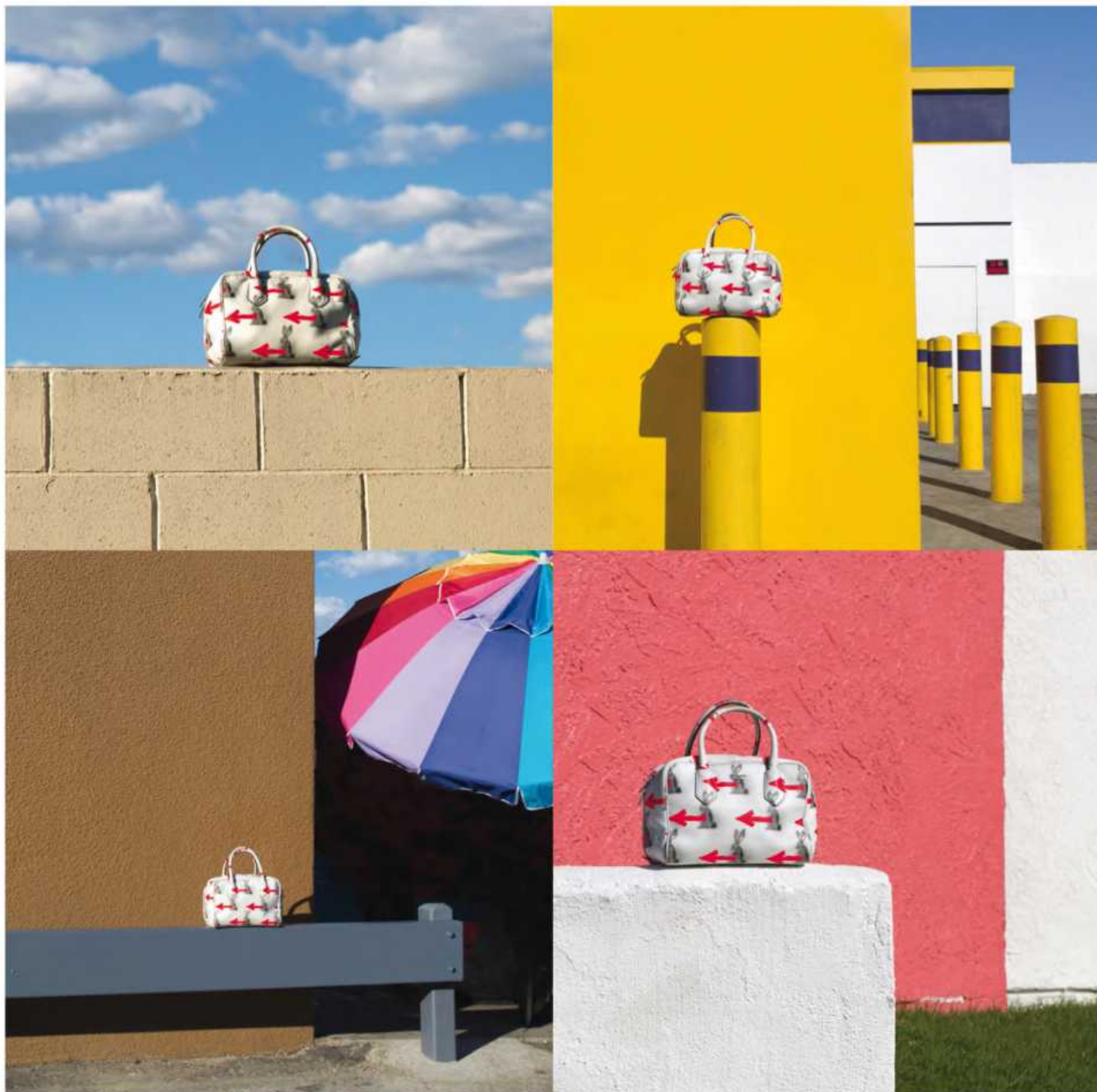




## The Beauty Haul, as Seen by a Neat Freak @joselourenco

**The Artist:** Follow the #thingsorganizedneatly craze? You've probably seen Portuguese visual artist José Lourenço's work. Just looking at his perfect, colorful feed makes us want to clean up! **The Object:** *Glamour's* beauty team selected our favorite pretty packaged products and let Lourenço make magic. "I'm used to laying out things like pencils, brushes, and Legos, but I've never done cosmetics before," he says. "I felt like a 10-year-old building a puzzle while organizing the compacts and lipsticks by shape and size."

See *Glamour Shopper* for more information.



## The It Bag, as Seen by the Urban Artist

@george\_byrne

**The Artist:** Photographer George Byrne has a unique way of seeing the Los Angeles streetscape: all bright hues, crisp angles, and soft shadows. "Certain color combos have an alchemy that gets to us in a very deep way," he says. "I try to tap into that with sky blues and sun-bleached pastels." **The Object:** Prada's traffic-stopping satchel splashed with red arrows, which stands out against Byrne's gritty urban backdrops. His advice for amateur photogs? "Be super aware of composition, and explore simplicity," he says. "The main thing is shooting colors that speak to you."

Prada bag, \$3,180.





## The Statement Bag, as Seen by the Collage King

@kalen\_hollomon

**The Artist:** Working with old-school knives and tape, Kalen Hollomon is a genius at collage. Many of his creations utilize fashion campaigns, and designers like J.W. Anderson and Balmain's Olivier Rousteing comment on his feed. "I'm trying to create a conversation about humanity," he says. **The Object:** Chanel's classic quilted bag in of-the-moment neon green.

"For *Glamour* I wanted to highlight the bag in an unexpected context," says Hollomon, who spliced it with a 35mm shot he'd taken of volleyball players in Central Park. "It was fun to play with the notion of luxury in a humorous way."

Chanel bag.





## The Spring Shoes, as Seen by a Foot-ographer

@viewfromthetopp

**The Artist:** Kate Brien makes her living as a stylist, but she's best known for her shoe-showcasing Instagram.

"I started it as a way to chronicle my daily outfits and do something that felt wholly me. It's really more of a passion project than anything," she says. **The Objects:** Multiple pairs of this season's chicest pointy flats, which Brien shot from her signature bird's-eye perspective. "I wanted to find a ground that could play on the flats' colors and prints, and this vintage rug worked perfectly."

Her advice for taking your own shoe selfie? "I always shoot my images in open shade—it's the best way to find bright, even light."

Clockwise from left: **Paul Andrew**, \$545, \$695. **Sarah Flint**, \$575. **Oscar de la Renta**, \$550. See **Glamour Shopper** for more information.



### Easy-Breezy Cool

Next-level pajama dressing! Pair relaxed trousers with a matching top for a chic weekend outfit. To wear the shirt to work, swap the pants for a pencil skirt.

**Céline** blazer, shirt, trousers.

**Ben-Amun by Isaac**

**Manevitz** necklace, \$300.

**Rag & Bone** sandals, \$395.

# Know Your Lines

Everyone's outfit-of-the-day posts will be full of stripes this year. Steal some styling ideas from Alessandra Ambrosio—with 9 million-plus followers, she's earned her social stripes too!

Photographs by **Alique** Fashion editor: **Jillian Davison**

### That's a Wrap

Top striped shorts with a coordinating shirt and vest for a nautical-inspired look worth sharing virtually. "Social media should be a fun expression tool," says Ambrosio. "I try to keep my posts light and happy and show my personality."

**Balenciaga** sleeveless top, coat, shorts. **Ben-Amun by Isaac Manevitz** necklace, \$300. **Céline** bag. Like her shiny, slicked-back style? Finish with **Pantene Pro-V** Style Series Airspray (\$7, at drugstores).



### Bringing Sexy Back

"I often borrow my husband's shirts," says Ambrosio. Ready for a twist on the classic oxford? Go for an oversize one, and button it up the back.

**Banana Republic** shirt, \$80.

**Vita Fede** necklace, \$700.

**In-House Atelier** scarf.





### Coat Check

Don't fear horizontal stripes! In slim lines and neutral shades that go with *everything*, they're flattering and versatile.

**Max Mara** coat. **Vita Fede** necklace (worn around ankle), \$700. **Michael Kors Collection** shoes, \$650. For a dewy, even complexion, try **Revlon** ColorStay Makeup (\$13, at drugstores).



## One and Done

Every woman needs a shirtdress in her arsenal. A delicate houndstooth pattern creates the illusion of stripes here. Where does Ambrosio get her outfit inspiration? "I follow my friends to stay connected when I'm traveling, plus bloggers like @SincerelyJules, who has great style."

**Stella McCartney** dress.  
**Ben-Amun by Isaac Manevitz** necklace, \$300. To get glowing skin like hers, try **Aveeno** Absolutely Ageless Daily Moisturizer SPF 30 (\$20, at drugstores).





## Lounge Act

Remember that old nightshirt your grandpa used to wear? It just got infinitely chicer (and ready for daytime) in slippery silk. Flat oxfords give it a dose of boyish charm.

**The Row** dress.

**Ben-Amun by Isaac**

**Manevitz** necklace, \$300.

**Sherry Accessories** belt.

Into her rosy lip? Try

**Estée Lauder** Pure Color

Envy Sculpting Gloss

in Reckless Bloom (\$26,

esteelauder.com). **See**

**Glamour Shopper** for

**more information.** Model:

Alessandra Ambrosio

at DNA Model Management;

hair: Rolando Beauchamp

for Oribe; makeup: Maud

Laceppe at Streeters;

manicure: Jin Soon Choi

for Jinsoon; set design:

Todd Wiggins at Mary

Howard Studio.







NO  
SOCIAL MEDIA

**No Social Media?  
No Fun!**

Rousteing (@olivier\_rousteing) with his #BalmainArmy backstage at the Balmain x H&M show, from left, Jourdan Dunn, Kendall Jenner, Gigi Hadid, and Alessandra Ambrosio. "I like strong women," he says. "Fashion is more than just wearing sequined dresses."

# #MrFashion

Olivier Rousteing is one of the most-followed designers on Instagram. (“My cell phone is my orgasm,” he admits.) Let the Balmain creative director tell you how he did it...just by being himself.

As told to **Jane Keltner de Valle** Photograph by **Jennifer Livingston**

I joined Instagram on September 6, 2012. I felt like the press was trying to depict me one way, and I didn't want to become this little prince from Paris who has this expensive French house. That isn't what I wanted people to get from me. So with Instagram I could show other parts of my personality—and the life that I love. The first photo I posted was of my embroidery designer; it was her birthday.

Everybody at Balmain was really nervous at first. No one got it. They were like, “Either you're going to ruin your image and destroy the brand, or no one is going to care.” But it made this big impact from day one; it started to grow and grow. Now you can see the Instagrams of so many designers who are doing the same as me: taking pictures of themselves on the beach, with their friends who are famous or *not* famous, sharing their dog, what they eat, that they're hungover. But I was like this lab rat.

The moment that was the true launch of my Instagram is when Rihanna came to my studio and posted pictures of herself with me; I think people started to know who I was. Then I met Kim [Kardashian West] at the Met Ball with Kanye, and we had this instant connection. The Met Gala can be intimidating because there are so many actors, singers, stars. You step on a dress, it's Taylor Swift, and you're like, “Oh, I'm sorry.” Maybe you bump into Beyoncé by mistake: “Oh, I apologize!” Kim and I were shy together, so we clicked. Then she invited me to an Armenian restaurant in L.A. with her family, and I met Kris [Jenner] and fell in love. Kris built an amazing family—I love them all.

I come from an orphanage in France. My parents are white; I'm black. I think it's a pretty unique story—where I came from and where I am now. When I was younger, I tried to hide it. But now I use my background more as a strength than a weakness. I always repeat to myself: Even though I don't know where I come from, I know where I want to go. My parents help remind me of that. I think it's important for me to give this positive message to people that the future can be better than the past. And it's thanks to Instagram that I've been able to communicate that.

I cast all different kinds of girls. Promoting diversity in fashion is important to me because it's part of who I am. Sometimes in fashion you feel like they try to make you forget your color, and if there's one thing I don't want to forget, it's my color. I'm proud, and

I'm going to express it. I love, in the nineties, when there were all those top models: Cindy, Claudia, Naomi. Those girls are strong, they have a personality, and they made fashion popular. I am pushing the same kind of aesthetic. Now it's everyone from Gigi Hadid to Kendall Jenner to Jourdan Dunn.

Some people are like, “Oh my God, you're famous because you're friends with famous people.” I think they don't understand the process. I have no problem sharing my personality, my dreams, my coffee, my selfies, the behind-the-scenes of my show, everything that's part of my life—and I think *that's* why I'm a success on Instagram. I want to share everything I have. People identify with me because of that, whereas a lot of designers are untouchable. I think that's old and part of another generation, and people don't connect.

So many designers are trying to please only the front row and the fashion elite. I have so much fun when I read critics who despise my shows. They're like, “That's not good, that's not new, that's not the new generation. He cares more about likes than reviews.” You just want to tell them, “Babe, you have been in the same world for, like, 40 years. Fashion is changing, and from this moment you're going to understand who's going to be part of the train, who's going to follow the train, and who's going to actually stay at home.” Fashion needs a revolution.

A lot of people in the industry don't get that this “squad” is also my business. Those regrams and likes translate into sales. At the last show buyers were requesting the dresses the girls wore to the after-party; they saw them on Instagram and wanted to get them. Before, people were buying clothes because they wanted to look like a magazine editorial. Now they go with the iPhone and show Instagram. It's changing fashion completely.

I read a review by a critic who was laughing about me and saying my fashion show is about thinking how it's going to look on Instagram. Actually, she was not wrong. When you get 50,000 likes on one jacket because you thought of how the jacket is on this girl and how the light is going to reflect the jacket—I really don't see the problem with thinking about that.

Instagram is connected to reality for so many different people; it allows *me* to connect with an audience and spread a positive message. If I had to live for one year without sex or a cell phone, I'd rather choose no sex. My cell phone is my orgasm.

6



See Rousteing's tips for taking the perfect selfie at [glamour.com/fashion](http://glamour.com/fashion).





SOCIAL STARS: THE MODELS

Romee  
@romeestrijd  
1,100,000  
followers

# #Squad

No social media issue would be complete without Instagram's happiest girl gang! Steal the Victoria's Secret Angels' digital secrets *and* off-duty looks here.

Photographer and fashion editor: Carlyne Cerf de Dudzele @carlynecerfdedudzele  
#cerfstyle #CCD #styledbymoim #jadore



Candice  
@angelcandices  
6,700,000  
followers

# Goals

## Crazy, Sexy, Cool

Jasmine Tookes, Stella Maxwell, Romee Strijd, Candice Swanepoel, Adriana Lima, and Lily Aldridge collectively boast more than 18 million followers on Instagram. (Insert jaw-drop emoji!) Always on them? Bright accessories, glowing skin, and big smiles.

**K-Way** colored jackets, \$60 each. **Victoria's Secret** bandeau tops, \$29 each, bras, \$50 each, bottoms, \$20 each. **American Apparel** hoodies, beanies. **Beats by Dr. Dre** headphones, \$200–\$250 each. **Urbanears** black headphones, \$59. **Asics** sneakers, \$120–\$170 each. **APL** sneakers, \$120–\$150 each. Editor's own black jackets and pants.



### Me, My Selfie, and I

You may recognize Tookes, a 24-year-old California native, from her #IWokeUpLikeThis snaps—some of which include model beau Tobias Sorensen. “On Instagram my favorite filter is Ludwig, my most used hashtag is #squad, and I love the unicorn emoji,” she says. “I also love Snapchat because it really lets people see my personality.”

**Kaufman's Army & Navy** shirt, \$40.  
**Victoria's Secret** bandeau tops, \$29 each, bra, \$43, bottoms, \$24, \$20.  
**Balera by Dancewear Solutions** hat, \$8. For skin that glows like hers, try **Victoria's Secret** Hydrating Body Lotion (\$18, [victoriassecret.com](http://victoriassecret.com)).



Jasmine

@jastookes  
711,000  
followers

A full-length portrait of Stella Maxwell. She is wearing a dark navy blue cable-knit sweater, light blue denim jeans with significant rips and fraying at the knees, and a black beret with a gold band. She has long, wavy blonde hair and is looking directly at the camera with a neutral expression. Her hands are in her pockets.

Stella  
@stellamaxwell  
1,200,000  
followers

#### Let's Get Personal

Maxwell, 25, was born in Belgium, raised in New Zealand, and now splits her time between New York and Los Angeles—where she catches up with friends like Lily-Rose Depp, Bella Hadid, and Miley Cyrus (whom she actually *met* through Instagram—very 2015). “My most liked photos are always personal ones,” says Maxwell. “People crave real. I know I do.”

**Michael Michael Kors** sweater, \$140.

**Denim & Supply Ralph Lauren** jeans, \$125.

**Lola Hats** cap, \$175.



## The Reigning Champ

Thirty-four-year-old Lima has been an Angel for an astounding 15 years—so you *know* she's got some workout secrets. Sure enough, her Instagram feed is chock-full of boxing videos and postworkout photos. But “I don't think I'm someone who posts great selfies,” she says. “I do it to show the accomplishments...and to be silly.”

**Daang Goodman** for Tripp NYC jacket, \$120. **Michael Kors Collection** turtleneck, \$925. **Denim & Supply Ralph Lauren** shorts, \$80. **Balera by Dancewear Solutions** hat, \$8. **Ben-Amun** by Isaac Manevitz earrings, \$195.

Adriana  
@adrianalima  
5,800,000  
followers





Lily  
@lilyaldridge  
2,900,000  
followers

**Fan Favorite**

"The most liked thing on my Instagram is a picture of my daughter, Dixie, and me eating ice cream in Rome," says Aldridge, 29, who lives in Nashville with her husband, Kings of Leon front man Caleb Followill. "And any post with my daughter is my *personal* favorite post."

**Daang Goodman for Tripp NYC** jacket, \$120, shorts, \$48. **Chloé** sweater, \$995. **Balera by Dancewear Solutions** hat, \$8. **Ben-Amun by Isaac Manevitz** earrings, \$120. Love her full-bodied waves? Try **Victoria's Secret Mega-Lift Mousse** (\$14, [victoriasssecret.com](http://victoriasssecret.com)). Hair: Akki at Art Partner; makeup: Dick Page at Jed Root. **See Glamour Shopper for more information.**



# #RitaEverywhere

At this moment, wherever she is, odds are pop mogul Rita Ora is snapping a selfie. And we like it. By Kate Branch

If you're one of @RitaOra's 6.8 million followers on Instagram, then you've seen a lot of Rita this year. Rita whipping her ponytail. Rita *X Factor*-ready. Rita waking up like this, going to bed like that. Her digital game is so good that it's helped her parlay her pop star status into a global empire—she's now also an actress, model, and fashion designer (for Adidas). The girl knows how to use social media to get what she wants. Listen in, so you can get what *you* want too.

## On finding her own voice on Instagram and Twitter

"I never thought I'd be so obsessed with social media—it's only off when I'm asleep! People think I don't control my accounts, but I do it all on my own. That way there is no one to blame but myself. I've made some mistakes in the past, saying too much about my personal life, so now I just use it for work and positive messages."

## On taking the perfect selfie

"Look up. Then down. And know it's all about the lighting. I use the hi-fi filter [X-Pro II] a lot, but I try to stay away from retouching tools. It takes a lot of rehearsing all the angles. You'll figure it out!"

## On her digital obsessions

"Snapchat is the first thing I check in the morning, and before bed. I love it! My teacup Maltipoo, Cher, is more Snapchat-famous [than me] right now. On Instagram I love @ideabooksLtd—old books with great fashion photography; they're really good for inspiration. My favorite emoji is the peach. Oh, and I follow @olivier\_rousteing. He's so young and full of life!"

## On owning your social style

"We artists definitely need [social media]. What matters is how you control it. The Adeles and Sam Smiths of the world stay very private until they are promoting something—like when Adele put out 'Hello,' she suddenly started an Instagram page. Then you have other artists who want to be the type who talk about sex, drugs, and rock 'n' roll. That's fine too, but you've got to really commit. You can't just dip your toe in and then make excuses [if something goes wrong]. With me and my music and how *I* am, I handle it with respect and poise as a woman. There's a certain decorum you should hold in every photo."

## On the sisterhood of social

"What's great about social media is that everyone is equal, regardless of gender. I can't remember when or what my first post was, but the culture online is better now compared to the beginning; then it was very much each for their own. There's more support. I've got my girl musicians [I'm mentoring] on *The X Factor*—I show them love [on my feeds]. If I were in their shoes, I would like the same kind of help."

## On getting past the haters

"I don't like to read negative stuff on someone's timeline every day; I get bored. Besides, all that negativity—it can become really draining, and you don't want it to start messing with your brain. If you [get attacked], rise above it; it *will* get brushed under the carpet. If anything, just tell them to eff off, and focus on yourself!"



HAIR: CHRIS APPELTON; MAKEUP: KATHY JEUNG; PHOTOGRAPHS COURTESY OF RITA ORA



Ora, in a selfie snapped for *Glamour* before the 2015 MOBO Awards in London. "People see you on TV and think it happened overnight," she says. "I've worked for this for years." At left, from top: backstage at *The X Factor*; with "bestie" Meghan Trainor; her August show in L.A.: "It was lovely serenading my #ritabots!" she says.

For her graphic cat eye, try **Rimmel London** Scandaleyes Jumbo Liquid Eyeliner (\$6, at drugstores).



**One Woman,  
Standing Up  
for Others**

"We may never fully stomp out hurtful online behavior," says Lewinsky. "But I do believe we can get to a place where it's rarer and less harmful, specifically that a bully's words are drowned out by more supportive voices."



HAIR: TIM ROGERS FOR LIVING PROOF; MAKEUP: CHRISTOPHER ARDOFF FOR DIOR; BALENCIAGA DRESS; EF COLLECTION EARRINGS. SEE GLAMOUR SHOPPER FOR MORE INFORMATION

# Stop the Social Savagery

The trolling. The shaming. The name-calling. The threats. How did social media get so vicious? Our exclusive poll has answers. Plus, a look at how crusaders (among them Monica Lewinsky) are fighting back. Blaire Briody reports.

Photograph by **Pamela Hanson** Fashion editor: **Jessica Sailer Van Lith**

**I**t's a Monday afternoon, and I stare at the number on my phone as it vibrates. I'm nervous about picking it up.

"Hi, this is Max," the man says.

"Thank you for calling," I answer.

"Yeah," he says, "I'm not even sure why I called you back."

Max looked like an upstanding guy on his Facebook profile, but he's actually an Internet troll—a person who harasses others online by name-calling, body shaming, or worse. I'd reached out to him after he told feminist blogger Joni Edelman that she should "just go under a rock and die."

That kind of comment is not uncommon for Edelman, 41, who frequently writes about body issues. A recent appearance on the *Today* show, on which she defended her plus-size frame, earned her ugly comments all over the Internet about her children, her husband, her sex life, and whether her weight would make it impossible for her to survive the end of the world. "I feel sorry for your husband," posted one commenter. Another wrote, "No one's ever going to want to f--k your fat ass."

I'd called Max with two questions in mind: What had motivated him—what motivates *anyone*—to spew such hatred? And what would it take for him, or any troll, to stop?

Let me back up.

In many ways social media has empowered women—from catapulting the careers of female entrepreneurs to fueling movements like #BringBackOurGirls. But with all the networking and freedom of expression, this cyber world has also delivered a new way to silence us, via everything from snarky Instagram comments to vile Twitter threats.

To find out exactly how hostile the Internet is, *Glamour* polled 1,000 women ages 18 to 59, asking how they've been treated. Although the major social media platforms have recently made efforts to address harassment and bullying, only 7 percent of women we surveyed think things have gotten any better in the past year, and a full 35 percent say it's gotten worse.

How much worse? More than half of women—57 percent—report getting hurtful comments; 25 percent say they've been called an offensive name like "bitch." Some women face much worse: 4 percent of women say they've received sexually dangerous messages like "You should be raped"; 8 percent of women report receiving physical threats like "You deserve to die." The survey also paints a disturbing landscape of online gangs. Twenty-eight percent of cyberbullied women report being attacked by "troll mobs,"

## Meet the Women Fighting Back for All of Us!

They've got some brilliant ideas.

### *She Cultivates Compassion*

**Monica Lewinsky, social activist; ambassador to Bystander Revolution, an antibullying organization; and *Vanity Fair* contributing editor**

If anyone knows the burn of being publicly shamed, it's Lewinsky, who became "patient zero," as she calls it, of Internet bullying after her 1990s relationship with then president Bill Clinton. Now, at 42, she's made fighting to end hateful dialogue her personal crusade. Speaking around the world on the issue (including a TED talk that has 6 million views), she stopped to talk to *Glamour* about what it will really take to change the virtual culture.

**GLAMOUR:** In our survey one out of five women admitted to criticizing a celebrity online. Is that disturbing to you?

**MONICA LEWINSKY:** Constructive criticism is legitimate,

but when it escalates to vitriol, it affects us all, because celebrities and influencers are part of the collective consciousness. Women need to support other women, not cut them down. And that goes for recognizable women too.

**GLAMOUR:** So how can women distinguish between criticizing and bullying?

**ML:** Shaming, harassing, and bullying cut deeply and can scar. It's the difference between saying "That's not my style" and "She looks like a whore."

**GLAMOUR:** Our survey also found that 57 percent of women reported receiving negative comments. Is Internet shaming the price of living in the fully wired twenty-first century?

**ML:** Acceptance of and adaptation to this deplorable behavior is not an option. Full stop. But as painful and destructive as they are, the hateful comments allow us to map the underlying beliefs of many people in a way we've



which arise when one commenter riles up his or her followers to hurl vitriol at a single target. (See “Social Bullying: How Bad Is It?” opposite page.)

Women aren't the only ones targeted; *Glamour* also polled 1,000 men, and their answers described similar levels of abuse, often name-calling like “stupid” or “moron.” But women were twice as likely to be harassed on the basis of their gender, and three times as likely to get unwanted sexual comments. “Women—especially outspoken feminists, journalists, politicians, and actresses—receive the most vicious attacks,” says law professor Mary Anne Franks, Ph.D., legislative and tech policy director for the Cyber Civil Rights Initiative, which works to fight online harassment, and who advised *Glamour* on this survey. “One of the most troubling aspects of all this harassment is that it can make women afraid to express themselves, not just online but also intimately, personally, professionally, or politically.” Among women who reported getting negative comments, one in three say that the attacks had caused them to censor themselves online.

That's exactly what experts say we can't let happen. “We don't want women to go dark,” says Michelle Ferrier, Ph.D., an associate dean at the Scripps College of Communication at Ohio University, who researches online harassment. “We don't want them to stay offline because they fear for their lives or for bodily harm. We need them to have strong voices and opinions.”

## Who Are These Jerks?

When I started looking into the trolls who attacked Edelman and other women, experts told me that the worst abuse often originates in “men's rights” sites like A Voice for Men and Return of Kings. “Many other harassers are loners and get power from what they do online,” says attorney Parry Aftab, founder of WiredSafety, a network that assists cyber-abuse victims.

Perhaps shockingly, half the respondents in our survey who reported being targeted online said the hateful comments came from *women*. “We see this kind of bullying all the time in teenage girls,” says Robin Stern, Ph.D., associate director for the Yale Center for Emotional Intelligence. “And many take it into the rest of their lives.” For some people, trolling may even be a form of online bonding, says Zoë Quinn, 28, a game developer who has received



### The Trolled Life

To expose cruelty, artist Lindsay Bottos, 23, posted her selfies on Tumblr—complete with the comments she'd received on them. “It's comforting to hear my project made other women feel empowered,” she says.

some of the most vicious recent public harassment in what became known as Gamergate in 2014 (see “She Helps in the Moment of Crisis,” below). Since first being targeted, she has talked to roughly 300 former harassers to better understand their motives. What has she learned? That they brag about their bullying to one another on social media “as if they're high-fiving, trying to get the best score on messing with this person they've dehumanized,” she says. “They don't see the people they're harassing as *people*.”

The Internet itself makes it harder to be empathetic, Stern says. “When you are face-to-face, you see other people's reactions,” she notes. “When you're online, you see only yourself. It's easy to say whatever you want because there are no consequences, except to your sense of self and integrity. The more you're out there being nasty and calling each other names, the more you *are* that person.”

## The Best Ways to Fight Back

Every situation is different, and experts agree there's no one “right way” to shut down trolls. Some options to consider if you've been bullied on any platform:

**Ignore, ignore, ignore:** Almost three quarters of the survey respondents who just went about their usual business and ignored a troll say the bullying died down. What was even more effective? Blocking a troll from their feed. Most platforms have such tools (on Twitter you can block whole lists of offenders, which can be effective against mobs). One caveat: Blocking won't allow you to easily

never been able to before. It's almost as if all of the negativity and misogyny needs to come to the surface so we can fully understand what it is, and how deep it goes, before we can begin to shift it. Of course, I wish it weren't there. **GLAMOUR:** So many women—even the most confident or accomplished—feel ashamed when we are confronted by cruel comments or critiques online. What advice would you give them?

**ML:** The first and most important thing sounds easy but can be challenging to do when we feel vulnerable: Reach out to someone—a friend, a relative, a mentor, or a professional—and share what happened. One reason I'm working with Bystander Revolution (bystanderrevolution.org) is precisely because it offers help in these situations. Feeling alone and unseen can intensify the experience of being harassed, shamed, or bullied. Also, if you can—and believe me, I know this is asking a lot—try and have neutral compassion toward the perpetrator. Step outside the sting of the incident and realize that this person is trying to erase their own inadequacy or unhappiness by transferring it to you. It won't make the incident go away, but it's one thing you can do to reduce the pain.

**GLAMOUR:** What can we all do to make the Internet a better place?

**ML:** The most potent thing we can do is to bring more compassion online. When you see anyone being targeted, support her or him with a positive comment or emoji. Be mindful of clickbait—sensational stories designed to humiliate. Click with compassion.



## She Exposes Trolls

Mia Matsumiya, @perv\_magnet on Instagram

A rock violinist who often plays with avant-garde bands, Matsumiya says she started getting harassed online more than a decade ago. As a saver of everything, she began filing the dirty posts and messages—from harmless “hey baby”s and weird fetish requests to full-on rape threats—in a folder she titled

Creepiness. “Over the years it just kept growing and growing,” she says. The sheer volume was a wake-up call to her:

“People accept this stuff as normal. This is not normal,” she says. “People don't act like this offline. Why is it OK online?” Matsumiya got so enraged she decided to publish almost every post she'd saved on Instagram. Her @perv\_magnet account made news all over the Internet, and soon other women added the scuzzy comments *they'd* gotten. “Women are punished for having any visibility at all,” says Matsumiya. “I want every woman to know she doesn't have to hide.”

BOTTOS: MATSUMIYA, FERRIER, AND QUINN, COURTESY OF SUBJECT SURVEY DATA COLLECTED FROM 1,023 WOMEN AGES 19 TO 39, OCTOBER 9-12, 2015, AND 1,016 MEN AGES 18 TO 39, OCTOBER 9-11, 2015, USING SURVEY MONKEY AUDIENCE

monitor an abuser or collect evidence for the police, and it may antagonize a troll. "They'll just go create a new account and come back with tenfold energy," says Cindy Southworth, founder of the Safety Net Tech Project, a resource for victims of cyber abuse at the National Network to End Domestic Violence. She often recommends a "hide, not delete" approach (like on Facebook and Twitter). The troll can still see his post, she says, "but the emotional impact is minimized for you." Plus, you'll be able to make screen grabs if needed. Which you might, because the next step is...

**Report:** Among our survey takers, 73 percent who reported a social media bully to a platform say doing so stopped the abuse. All the major social media sites say they will take down accounts if they find their policies have been violated, and experts say many have gotten better at helping a woman report a potential criminal to the police. Whether law enforcement will pursue the case is another question. "We still have judges who say 'The Twitter' and 'The Intertubes,' and cops who say, 'Why doesn't she just get off the computer?'" notes Southworth, who trains police departments across the country. "But harassment and stalking *are* crimes." If you think there is a real risk that someone could physically harm you, if your personal information or photos are released, if a bully just won't leave you alone, you should report it to your local police.

**Improve your "social" security:** To help prevent getting trolled in the first place, adjust your privacy settings to limit who sees your feed. If you *are* trolled, two-factor authentication log-ins (systems that require a password and a code from, say, your cell phone) can help keep a bully from hacking your personal information.

**If you see something, say something:** When you spot a woman getting attacked or unfairly criticized, consider writing on her feed a simple "ouch" or "Please, have respect." Those words, especially "ouch," put a troll on notice, says Southworth—without, most likely, inciting him or her to turn on you. She also urges you to get your male buddies to do the same. "There's such power in men holding other men accountable," she says. Sometimes posting directly to the troll, "Hey, this makes me feel really [hurt, embarrassed—insert emotion]," works too. Early research has found that when teens took that step, "in many cases the troubling material was taken down," says Zorana Ivcevic Pringle, Ph.D., an associate research scientist at Yale. The point: Remind people #letsbehuman.

Making direct contact worked for Alanah Pearce, a 22-year-old gaming journalist. After getting the message "i'll rape u if i ever see u c--t" on Facebook, she started

**continued** on page 99 ►

# Social Bullying: How Bad Is It?

Surprising findings from *Glamour's* survey of 1,000 women

## 1 in 3

women say harassment on social media in the last year has gotten worse.

### **The comments are pretty hurtful.**

A full **57%** of women say they've received negative comments online.

**25%** of women say they've been called an offensive name like "bitch" or "slut."

**10%** say they've been stalked online.

**19%** say someone made unwanted sexual comments.

**8%** say they've gotten physical threats like "You deserve to die."

### **Trolls aren't always who you'd think.**

**66%** of women who've been bullied say the attacker was a stranger.

**52%** say the troll was someone they knew.

**49%** report their bully was a woman.

And **10%** of women we polled admit that

they've criticized a friend: **19%** confess to posting harsh comments about a celeb.

### **Women feel safer on some sites than others.**

Of the top five most popular sites among our survey takers, women say **PINTEREST** is the friendliest site and rank **TWITTER** and **YOUTUBE** as the least. "Video makes it more tempting to attack a woman's appearance," says CCRI's Franks. "Seeing her say or do something pushes even more buttons than reading it."

### **Virtual bullying has major impact IRL.**

Among women who've had negative feedback: **34%** say, "I censor myself, posting fewer comments or photos."

## 19%

say they feel more insecure in their daily life.



### *She Lifts Women Up*

**Michelle Ferrier, Ph.D., founder of TrollBusters**

Ferrier started getting racist messages by snail mail 10 years ago, when she was one of the first African American columnists at a Florida newspaper. Even though one anonymous writer made references to lynching, Ferrier says she couldn't get the police, FBI, or anyone else to step in. Resolved to help others like her, especially as she saw harassment escalating on the Internet,

she launched TrollBusters (troll-busters.com) in 2015. "We jokingly call ourselves online pest control for women journalists," says Ferrier, now an associate dean at the Scripps College of Communication at Ohio University. When a woman tells TrollBusters she's being attacked, they send a stream of positive messages into her feed—inspirational quotes, funny visuals to make her laugh, advice on protecting herself. "Our goal is to support each woman emotionally to make sure she keeps expressing her ideas," Ferrier says. "We don't respond to the trolls, because they *want* the attention, but they do see we're watching and hopefully think twice about continuing. So far it's working."



### *She Helps in the Moment of Crisis*

**Zoë Quinn, cofounder of Crash Override Network**

Trying to break up troll mobs "isn't exactly what I saw myself doing with my life," admits Quinn, a game developer. But after surviving what became known as Gamergate in 2014 (in which mobs from the gaming community terrorized Quinn with such venom she was forced to leave her home), she knew she had to help keep

others safe. So she launched Crash Override (crashoverridenetwork.com), a highly specialized, tech-savvy task force. Their crisis team helps people being cyber-attacked learn to protect themselves; their network of lawyers, counselors, and other professionals addresses the long-term fallout. "We're getting nearly 100 cases a month," she says. "Stalking, hacking, revenge porn—the really nasty, scary stuff." Quinn has also briefed Congress and spoken at the U.N. about the issue; her memoir is set to come out this year. And yep, her life story is being made into a movie. "We always hear, 'Oh, it's just the Internet,'" she says. "No. Not when trolls are telling people to die."



# This January, Easy Does It

To reach your resolutions in 2016, start slowly.

Mercury is retrograde, so pick just one project to focus on, and get plotting. Once Merc turns direct on the 25th, put your plan into action and watch everything fall (beautifully) into place.



*Happy Birthday, Duchess Catherine!*  
January 9

## CAPRICORN

DEC. 22–JAN. 19

Caps, you're in for one audacious year. Things kick off when the new moon in your sign meets courageous Jupiter on the 9th—that dose of bravery is just what you'll need to break free from the past and forge a new path. Your New Year's resolution should be *big*, because you Goats will be unstoppable.

## AQUARIUS

JAN. 20–FEB. 18

Planets in your intuition zone clash with radical Uranus in your talk sector, putting you at high risk for saying something you'll regret, and retrograde Mercury isn't helping. Solution? Zip it. But all that activity in your perception angle means your observations will be on point, so sit back, take note, and when the planets quit wreaking havoc on your communication skills on the 25th, dish out your new insights.

## PISCES

FEB. 19–MAR. 20

When planets in your group sector connect with bold Pluto and expansive Jupiter in your relationship angle, you'll be a networking powerhouse. Since Jupiter is going retrograde, your best bet is to reach out to people from the past for new opportunities, a few laughs—and a reminder that these folks always have your back.

## ARIES

MAR. 21–APR. 19

Baby, it's cold outside. No problem for you Rams—lusty Mars hangs in your intimacy house for two months starting January 3 and has chemistry with Neptune in your seclusion house on the 18th (conveniently, Martin Luther King Jr. Day). Your plan to Netflix and chill is endorsed by the stars.

## TAURUS

APR. 20–MAY 20

The sun and Mercury in your education sector mesh with aspirational Jupiter in your creativity house on the 13th and 14th, giving you a midmonth mandate: Ditch the work-home-couch routine. Remember hobbies? Stuff you do for fun? Give those a try again! Goodbye, midwinter blahs.

## GEMINI

MAY 21–JUNE 20

Pensive Mercury backtracks into your closeness house on the 8th, so take a good look at your relationships. Before booking a spring vacay with a friend, consider: Is this someone you want to spend *that* much time with? Decide by the 29th when Merc cooperates with transformational Pluto. If changes need to happen, the planets will be on your side.

## CANCER

JUNE 21–JULY 22

Now's your chance to prove that getting sh-t done and being upbeat are not mutually exclusive. Friendly Venus in your job zone conspires with responsible Saturn on the 8th to prompt you to take on extra work or cover for a colleague. Rise to the challenge, be positive, and maybe drop a hint about a promotion while you're in everyone's good graces. You've earned it!

## LEO

JULY 23–AUG. 22

On the 23rd, a full moon in your sign clashes with feisty Mars in your feelings angle, so brace yourself for a daylong emotional firestorm. But Mars is also igniting your domestic zone, so why not take out your aggressions on a Swiffer? You'll blow off steam and have an orderly place to retreat to while you cool down.

## VIRGO

AUG. 23–SEPT. 22

When expansive Jupiter turns retrograde in your sign on the 7th, hit pause and breathe. You've been saying yes to more than you can handle; now politely, firmly, say no. Jupiter meets thoughtful Mercury in your joy house on the 14th, so figure out what makes you happy and say yes to *that*.

## LIBRA

SEPT. 23–OCT. 22

Social Venus is in your communication sector until the 23rd, so do what you do best: Connect with people. Banish all thoughts of networking; this is about enjoying the moment and not expecting anything in return. For you outgoing Libras, the energy boost and inspiration you'll get is the only reward you need.

## SCORPIO

OCT. 23–NOV. 21

Mars fires up your sign from January 3 to March 5, so get ready for a productive two months tackling your New Year's resolutions. On the 18th, when idealistic Neptune in your fulfillment house meets proactive Mars, take a moment to give back. Slowing down to spread your inspiration will make your victory that much more meaningful.

## SAGITTARIUS

NOV. 22–DEC. 21

With Mercury retrograde, now's not the time for rash buying decisions, especially as several planets pass through your money house in January. It's the stars' not-so-subtle hint to rein in your spending. Track your cash flow, prioritize your big purchases, and once Merc turns direct on the 25th, spend away—wisely.



# The Get-It Guide

All the info you need to buy the stuff you love in this month's issue

## Cover

On Fey: Jumpsuit, \$2,470, Roland Mouret, NYC. Ear jacket, \$350, vita fede.com. Bracelet, select Chloé stores. On Poehler: Top, \$776, Neiman Marcus. Earring, \$175, net-a-porter.com.

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## Stop the Social Savagery

Page 94: Earrings, \$625, efcollection.com.

## CORRECTION

On page 100 of the December issue, the price for the Brooks Brothers dress is \$398.

All prices are approximate.

## Stop the Social Savagery

CONTINUED FROM PAGE 97

sleuthing and discovered the message had been sent by a teenage boy. So she did what most of us would do in real life: She told his mom. “I was wondering if you might be interested in discussing [this] with him,” she messaged. The mom responded: “omg little sh-t. IM SO SORRY. YES I WILL TALK TO HIM!!!” Afterward, the boy stopped harassing Pearce.

With all this in mind, I tightened up my privacy settings and, after seeing so many trolls on Joni Edelman's stories, asked if she would mind my reaching out to some of them. She told me to go for it.

Max, the first one I got on the phone, who'd told Edelman to “go under a rock and die,” said he was a journalism student in Florida—and apologized profusely. “I’m not really sure *why* I said something so hateful,” he told me. “It’s definitely easier to be mean when it’s not face-to-face.” Then I contacted a Facebook user named Jesse. After Edelman had appeared on the *Today* show, he'd posted, “As there are people starving around the world this chick is proud of being fat—how disgusting.”

Turns out, Jesse is in his forties, a single dad working in construction to support his kids. When I confronted him on the phone, he was defensive. “Well, she glamorized that she overeats, when she’s actually killing herself,” he said. “There are a lot of people who would love to be eating that food and they’re starving.” He paused. “I mean, it was kind of rude. I’ll admit that.”

I asked him whether he'd ever struggled with his weight, and he said no, but revealed that he'd gone hungry before. He'd lost his job during the recession and didn't always have enough money to buy food. He guessed that's why Edelman's piece hit a nerve. “I want to apologize,” he said. “I didn't mean to offend anybody.”

I relayed my conversation with Jesse to Edelman. “It helps me understand,” she said. “And the whole point of me writing is to reach out to people who are dealing with emotional issues, or trying to find peace. But just because you struggle doesn't give you carte blanche to be mean to people.”

So far, Edelman hasn't heard from him, or Max. “People bully for all kinds of reasons,” says Stern. “But many who do it are just careless with the words they use and haven't stopped to think about how those hurtful comments are being received—or nobody's ever told them. If you do tell them, it can shift everything. But if none of us says anything, nothing will change.”

*Blair Briody has written for The New York Times and Popular Science.*

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Wait! Before You Go...

# The Dos & Don'ts of #Twinning!

The days of being embarrassed when you show up wearing the same thing as a friend are o-v-e-r.



Don't

Don't

If you're wondering where to draw the line, it's at a whole lotta matching cleavage. Don't.

## Make It a Do

The modern way to pledge your friend love? Wear matchy-matchy outfits on purpose. Everyone from Emily Ratajkowski and Hailey Baldwin (far left) to Will and Kate (top) to Tina and Amy (see the cover!) is doing it, and there are more than 2 million #twinning posts on Instagram. Just remember: Wearing coordinated looks—the same print or matching jackets—is cute; exact cloning is not. Now go forth and have fun...together!

BEST FRIENDS: IMAX/REECE; RUNWAY: MANHATTAN; SHORT SUITS: SANDRA SEIBURG; LIMA AND SHAYK: AT/AD; STARVING.COM/NEWS.COM; JEAN JACKETS: JUICE DRINKERS; DANIEL BRUNO GRANDI; THEIR BANS: POTTIER; RATAJKOWSKI AND BALDWIN: MICHAEL STEWART/GETTY IMAGES; OLSEN: SPIN/NEWS/COMBIS; CHYNA AND ROSE: APT/RUNWAY; MANHATTAN; DUKE AND DUCHESS OF CAMBRIDGE: MAX WUMBY/INDIGO/GETTY IMAGES; DON'T: PETER WEST/ACE PICTURES/NEWS.COM



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